



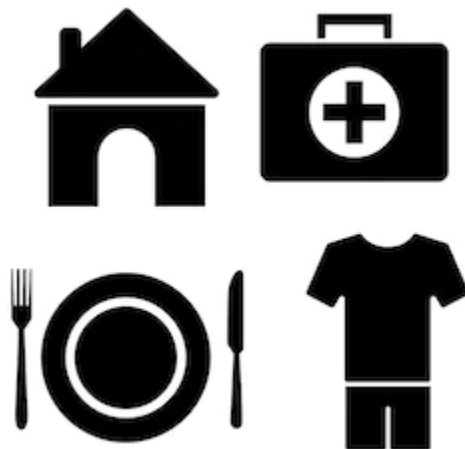
400 E. Main Street | Cottage Grove, Oregon 97424 | Phone: 541-942-1185 | www.cottagegroveor.gov

2022

South Lane County

Resource Guide

Guía de Recursos



The City of Cottage Grove strives to provide you with accurate information on resources available in South Lane. Community resources in operation during the COVID-19 pandemic are changing daily, as folks modify their hours and services to prevent the spread of the virus. Please call listings to confirm current services.



BASIC NEEDS

*Programs That Assist With Basic Needs:
Food (Food Pantries, Meal Sites, and Other Food Assistance),
Clothing, Laundry, Showers, Transportation,
Housing, and Utilities.*

FOOD **FOOD PANTRIES**

Community Sharing

Telephone: 541-942-2176

1440 Birch Avenue, Cottage Grove, OR 97424

Services: Food Pantry every Monday, 1:30 p.m. - 6:00 p.m. and Tuesday-Friday, 11:00 a.m. - 3:30 p.m. www.communitysharing.org

Creswell Pantry

Telephone: 541-870-2252

364 Cobalt Lane, Creswell, OR 97426

Services: Food Pantry and "Grab and Go" meals every Thursday from 9:30 a.m. - 12:00 p.m. www.communityfoodforcreswell.org

FOOD for Lane County

Telephone: 541-343-2822

770 Bailey Hill Road, Eugene, Oregon 97402

Services: Food bank that distribute through a network of 166 social service agencies and programs. Food pantry locations and information available online at: foodforlanecounty.org

Oregon Food Bank

Telephone: 503-282-0555

Services: Network of Food Pantries and Meal Sites. www.oregonfoodbank.org

Seventh Day Adventist

Telephone: 541-228-5401

820 S. 10th Street, Cottage Grove, OR 97424

Services: Free produce and grains every 3rd Monday, 1:00 p.m. - 3:00 p.m. Call Judy to schedule a food box order a few days prior to pick up. Emergency Food Boxes available.

Up River Food Pantry

Telephone: 541-946-1821

37895 Row River Road, Dorena, OR 97434

Services: Food boxes/groceries every 3rd Friday of the month, 4:00 p.m. - 5:30 p.m.

DID YOU KNOW?

DHS offers food benefits (SNAP) to eligible, low-income individuals and families.

Department of Human Services (DHS)

Telephone: 541-942-9186

305 Coop Court, Cottage Grove, OR 97424; www.oregon.gov/dhs

Services: Supplemental Nutrition Assistance Program (SNAP Food Stamps) benefits for eligible low-income families and individuals. Call 211 from any phone to sign up.

BASIC NEEDS Continued

COMMUNITY MEAL SITES

MONTHLY MEAL SITES

Elks Lodge #1904

Telephone: 541-942-3554

755 N. River Road, Cottage Grove, OR 97424

Services: All meals open to the public. Membership is not required. Meals are served from 5:00 p.m. - 7:00 p.m. unless noted. *No meals served on Holidays.* **\$Fee per meal.**

- Burger Dinner every Wednesday and Bingo (Bingo starts at 6:30 p.m.)
- Chicken Fried Steak Dinner every 1st Friday of the month
- Blue Plate Special Dinner every 2nd Friday
- Steak Dinner every 3rd Friday
- Fish Fry every 4th Friday
- Chef's Choice Dinner every 5th Friday
- Breakfast served every 4th Sunday from 8:00 a.m. - 11:00 a.m.

Masonic Lodge

Telephone: 541-942-2353

33322 Row River Road, Cottage Grove, OR 97424

Services: 3rd Sunday Breakfast at 8:00 a.m. - 11:00 a.m. **\$Fee per meal.**

Veterans of Foreign Wars (Post #3473)

Telephone: 541-942-7099

3160 Hillside Drive, Cottage Grove, OR 97424

Services: Dinner served every other Friday. Call 541-228-5791 to RSVP for "To-Go" meals. "To-Go" meals served at 4:30 p.m. \$10 per dinner. Breakfast served every 1st Sunday monthly from 8:00 a.m. - 11:00 a.m. **\$Fee per meal.** 541-228-5791 (Kitchen)

WEEKLY MEAL SITES

Creswell New Hope Baptist

Telephone: 541-895-4436

597 S. Front Street, Creswell, OR 97426

Services: Drive-thru **Free** meal served "To Go" every Wednesday, 5:00 p.m. - 6:00 p.m..

Hope in the Grove Baptist Church

Telephone: 541-649-1043

77820 Mosby Creek Road, Cottage Grove, OR 97424

Services: Drive-thru **Free** meal served "To Go" every Wednesday, 5:00 p.m. - 6:00 p.m.

"Soups On"

Telephone: 541-501-3647

632 E. Main Street, Cottage Grove, OR 97424 (Back of the ROP Building)

Services: **Free** "To-Go" meals served every Sunday, 4:00 p.m. - 5:00 p.m.

Note: Soups On will be closing Sunday, May 22, 2022.

Trinity Lutheran Church

Telephone: 541-942-2373

675 S. 7th Street, Cottage Grove, OR 97424

Services: **Free** meal served "To Go" Tuesdays and Thursdays, 5:15 p.m. - 6:15 p.m.

BASIC NEEDS Continued

SENIOR MEAL SITES

Meals On Wheels

Telephone: 541-682-3353

700 E. Gibbs Avenue, Cottage Grove, OR 97424

Services: The Senior Meals Program helps people age 60+ by providing food ("knock and drop" meals), friendship, and safety check. Call 541-682-7804 if enrolled or 541-682-3353 to enroll. www.sdslane.org

Café 60 Senior Meals

Telephone:
Cottage Grove: 541-942-9261
Creswell: 541-895-2338

Cottage Grove: 925 W. Main Street, Cottage Grove, OR 97424

Creswell: 350 S. 2nd Street, Creswell, OR 97426

Services: Café 60 Senior Meals served "To Go". Serving anyone ages 60+ who are eligible on a donation basis (\$3 fee per meal is preferred. Guests under age 60 are welcome to attend for \$8 per meal.) Call ahead. **Cottage Grove Hours:** Tuesday -Thursday, 12:00 p.m. **Creswell Hours:** Monday, Wednesday, Friday, 12:00 p.m. www.lcog.org

YOUTH MEAL SITES

Looking Glass, Rural

Telephone: 541-767-3823

508 E. Whiteaker Avenue, Cottage Grove, OR 97424

Services: Free meals for youth (ages 11-21). Serving breakfast, lunch, dinner, and snacks. **Meal Schedule:** Breakfast served 8:30 a.m. - 9:30 a.m. and Lunch served 12:00 p.m. - 4:00 p.m. www.lookingglass.us

OTHER FOOD ASSISTANCE

Department of Human Services (DHS)

Telephone: 541-942-9186

305 Coop Court, Cottage Grove, OR 97424

Services: SNAP (food stamps) benefits for eligible low-income families and individuals from the State of Oregon. Call 211 from any phone to sign up. www.oregon.gov/dhs

Lane County WIC

Telephone: 541-682-4202

151 W. 7th Avenue, Room 210, Eugene, OR 97401

Services: Supplemental Nutrition Program for qualifying families caring for a child under the age of five. WIC provides nutrition education, lactation support, and healthy foods. www.lanecounty.org

South Valley Farmers Market

Telephone: 541-357-7507

7th & Main Street, Cottage Grove, OR 97424

Services: Visit the Information Booth to swipe your Oregon Trail Card and get your SNAP purchase matched up to \$20.00. Farmers Market every Saturday from 10:00 a.m. - 2:00 p.m. in downtown Cottage Grove (May-October). Winter Market November and December (location/time TBA). manager@southvalleyfarmersmarket.org

Summer Food Program FOOD for Lane County

Telephone:
Text FOOD to 877877

Services: The Summer Food Service Program (SFSP) offers free meals and snacks to all kids, ages 1-18. To find a location near you, text FOOD to 877877. For a complete map of sites visit: www.summerfoodoregon.org or www.foodforlanecounty.org

BASIC NEEDS Continued

CLOTHING

Community Sharing

Telephone: 541-942-2176

1440 Birch Avenue, Cottage Grove, OR 97424

Services: Clothing closet every Monday, 1:30 p.m. to 4:00 p.m. and Tuesday - Friday, 11:00 a.m. - 2:00 p.m.
www.communitysharing.org

Riverside Community Church

Telephone: 541-942-7126

1255 S. River Rd., Cottage Grove, OR 97424

Services: Clothing closet every Thursday. Winter Hours: 2:00 p.m. to 4:00 p.m. Summer Hours: 4:00p.m. - 7:00 p.m. or by appointment. Free clothes, shoes, toiletries.

St. Vincent de Paul Society of Lane County

Telephone: 541-689-6747

2890 Chad Drive, Eugene, OR 97408

Services: Vouchers for emergency clothing and household goods. www.svdp.us

IDENTIFICATION

Catholic Community Services

Telephone: 541-345-3628

1464 W. 6th Avenue, Eugene, OR, 97402 or 1025 G. Street, Springfield, OR, 97477

Services: Every 2nd and last Thursday monthly at 9:00 a.m. (arrive 5 minutes before), staff will randomly choose 8 names to receive assistance with their birth certificate or State ID. Ages 18+. Cost is covered.

Social Security Office

Telephone: 800-772-1213

2504 Oakmont Way, Eugene, OR 97401

LAUNDRY

Community Sharing

Telephone: 541-942-2176

1440 Birch Avenue, Cottage Grove, OR 97424

Services: Laundry vouchers. www.communitysharing.org

SHOWERS

Chevron Cottage Grove

Telephone: 541-942-0105

1250 N. Gateway Blvd, Cottage Grove, OR 97424

Services: Showers open to the public. \$12 each shower for 30 minutes.

Community Sharing/City of Cottage Grove

Telephone: 541-942-2176

1440 Birch Avenue, Cottage Grove, OR 97424; www.communitysharing.org

Services: 15 minute **FREE** Showers, open to the public, every Wednesday, 11:00 a.m. - 3:00 p.m. Towels and hygiene items provided. ADA accessible shower room.

BASIC NEEDS Continued

TRANSPORTATION

Trip Check

TripCheck 511 - Oregon Travel Information by Phone.
Travel information in Oregon. Dial 511. tripcheck.com

DAV Van

Telephone: 541-440-1293

Services: Transportation for Veterans to VA Hospitals. www.dav.org

Lane-Douglas Connector (LDC)

Telephone: 888-232-8121

Services: LDC is an Umpqua Public Transportation District service operated by South Lane Wheels and operates from 7:30 am - 3:30 pm on Tues., and Thurs., with stops at Roseburg V.A., Drain at Ray's Food, Cottage Grove at Walmart and PeaceHealth Medical Center, and Eugene at the V.A. Free for all Veterans, and, for an introductory period, service will be free to the general public. www.southlanetransit.com

Lane Transit District (LTD)

Telephone: 541-687-5555

Services: Public Transportation. Bus 98 runs daily round-trips, from Cottage Grove to Creswell, LCC and Eugene LTD Station. www.ltd.org

Lane Transit District (LTD) Connector

Telephone: 541-942-0456, ext. 1

Services: Public Transportation/ \$1.00/ride. Download the mobile app "LTD Connector". Service and call-in requests are available Monday - Friday, 9:00 a.m. - 4:00 p.m. www.ltd.org

RideSource -Oregon Health Plan

Telephone: 541-682-5566

Services: If you receive the Oregon Health Plan you may be eligible for transportation benefits to/from medical appointments through RideSource or mileage reimbursement. To learn more/apply, call 877-800-9899. www.ltd.org/oregon-health-plan-service

South Lane Wheels

Telephone: 541-942-0456

1450 Birch Avenue, Cottage Grove, OR 97424

Services: Public transportation with door-to-door service. www.southlanetransit.com

ELECTRIC VEHICLE PUBLIC CHARGING STATIONS

City of Cottage Grove Electric Vehicle Public Charging Stations

Telephone: 541-942-5501

415 E. Main Street, Cottage Grove, OR 97424 - Downtown City Parking Lot

700 E. Gibbs Avenue, Cottage Grove, OR 97424 - Library & Community Center Parking Lot

Services: Public Charging Stations. Rate for charging at the City of Cottage Grove Parking Stations is \$1.25 per hour. Visit: www.plugshare.com to see charging stations availability.

DID YOU KNOW?

If you're in a crash, or other situation where you can't communicate with emergency responders, a new service is available that will help police notify your loved ones faster. Oregonians can register up to two people, age 18+, as emergency contacts. To register, visit: DMV2U.Oregon.gov and sign in to "Access My DMV Profile."

BASIC NEEDS Continued

HOUSING ASSISTANCE/SHELTERS

Carry It Forward

Telephone: 541-654-0139

Services: Community Outreach Programs and Support for the Unhoused. Front door assessment. The Hope on Wheels program restores donated and purchased used RVs to provide housing for families across Lane County and vocational engagement for members of the SPOT workforce development program. Email: info@carryitforward.net
www.carryitforward.net

Catholic Community Services

Telephone: 541-345-3628

1464 W. 6th Avenue, Eugene, OR 97402 & 1025 G Street, Springfield, Oregon 97477

Services: Emergency rental and deposit assistance provided to those who are eligible, as funding is available. www.ccslc.org

Community Alliance of Tenants

Telephone: 503-288-0130

Services: Renters' Rights Hotline gives tenants detailed information about their rights and practical suggestions to help protect those rights. www.oregoncat.org

Community Sharing

Telephone: 541-942-2176

1440 Birch Avenue, Cottage Grove, OR 97424

Services: Housing assistance. www.communitysharing.org

Community Sharing Warming Shelter

Telephone: 541-942-2176

224 N. 12th Street, Cottage Grove, OR 97424 (Behind Dari Mart)

Services: Warming Shelter is activated November 1st to March 31st when overnight temperature fall to 32 degrees Fahrenheit or below. The community will be alerted 48 hours in advance of activations. Pets are welcome. Shelters have electricity, heat, bed, bedding, chair, and a place to store personal gear. Hours: 7:00 p.m. - 8:00 a.m.
www.communitysharing.org

C.O.R.E: (Youth ages 30 and under)

Telephone: 503-877-5320

3003 W. 11th Avenue, #277, Eugene, OR 97420; www.coreeugene.org

Services: Support for youth experiencing homelessness, housing instability, and other hardships for ages under 30. Street Outreach Alliance Program (S.O.A.P.), food, harm reduction, hygiene/survival supplies, resource/referral, case management.

Cottage Village Coalition (CVC)

Telephone: 541-525-0501

1402 E. Madison Avenue, Cottage Grove, OR 97424; www.squareonevillages.org/cvc

Services: Affordable tiny home co-op in Cottage Grove. 14 units on 1.1 acres.

DevNW

Telephone: 541-345-7106

212 Main Street, Springfield, OR 97477

Services: Nonprofit offering a variety of services to help you on the road to financial wellbeing, including one-on-one financial counseling, educational tools, access to funds, affordable housing options, and more. www.devnw.org

BASIC NEEDS Continued

HOUSING ASSISTANCE/SHELTERS Continued

Eugene Mission

Telephone: 541-344-3251

1542 W. 1st Avenue, Eugene, OR 97440

Services: Shelter, food, clothing, toiletries, and showers. www.eugenemission.org

Habitat For Humanity of Central Lane

Telephone: 541-741-1707

1210 Oak Patch Road, Eugene, OR 97402

Services: Assisting low-income homeowners with minor exterior home repairs.

Projects may include: exterior painting, accessibility modifications, fence replacement, deck and stair improvements, and overgrown brush removal. www.habitatlane.org

Home Share Oregon

Telephone: 503-862-3296

Services: Home Share Oregon connects homeowners with renters and roommates. www.homeshareoregon.org

Homes for Good

Telephone: 541-682-3755

100 W. 13th Avenue, Eugene, OR 97401

Services: Homes for Good help connect individuals and families with affordable housing including Section 8. www.homesforgood.org

Looking Glass, Rural (Youth ages 21 and under)

Telephone: 541-767-3823

508 E. Whiteaker Avenue, Cottage Grove, OR 97424

Services: Station 7 assists youth, ages 11-21, who are experiencing homelessness, at risk for homelessness, and/or who have run away. **Crisis Line: 888- 689-3111**

www.lookingglass.us/ruralprogram

Oregon Fair Housing Council

Telephone: 503-223-8197 ext. 2

Services: Fair housing questions and complaints. Civil rights organization that proactively promotes housing justice, equity, and inclusion and enforces fair housing laws related to discrimination. www.fhco.org

Square One Villages

Telephone: 541-525-0501

Mailing Address: 15 N. Polk Street, Eugene, OR 97402

Services: Nonprofit organization dedicated to creating tiny home communities for people in need of housing. www.squareonevillages.org

St. Vincent de Paul, First Place Family Center

Telephone: 541-342-7728

1995 Amazon Parkway, Eugene, OR 97405

Services: Helping families who are homeless or at risk. Overnight shelter for families with children all year. Families from CG or Creswell are welcome. www.svdv.us

St. Vincent de Paul Society of Lane County

Telephone: 541-687-5820

2890 Chad Drive, Eugene, OR 97408

Services: Affordable housing (Section 8.) including: Veteran services, home repair loans, homeless services, emergency rent and utility assistance, food, clothing, transportation, employment solutions, and more. www.svdv.us

St. Vincent de Paul Society Rural Housing Rehabilitation Loan Program (RHRP)

Telephone: 541-743-7165

2890 Chad Drive, Eugene, OR 97408

Services: If you own or are buying your home/land, you may qualify for a low interest, deferred (no-monthly-payment) loan to help with qualifying home repairs. www.svdv.us

BASIC NEEDS Continued

UTILITY ASSISTANCE

ENERGY AND WATER ASSISTANCE

Community Sharing

Telephone: 541-942-6492

1440 Birch Avenue, Cottage Grove, OR 97424

Services: Utility Assistance for low-income households. www.communitysharing.org

Homes For Good

Telephone: 541-682-3755

100 W. 13th Avenue, Eugene, OR 97401

Services: **Heat Crisis program** for low income households that do not have a permanent source of heat. Call **541-682-2619**. homesforgood.org/programs/heat-system-crisis

Weatherization Program assist income-qualified residents reduce energy use in their homes and reduce their utility bills. The program serves both homeowners and renters. Call **541-682-2561**. homesforgood.org/programs/weatherization

LIHEAP

Telephone: 541-682-7810

Services: Low-income home energy assistance program. Help with electricity, natural gas, heating oil, wood pellets, wood or propane. laneelectric.com/programs-services/liheap/

FREE TV SERVICE

South Lane Television

Telephone: 541-942-9804

Services: Free over-the-air television signal for the Cottage Grove area, nearby London, and Culp Creek areas. www.southlanetelevision.org

TELEPHONE AND BROADBAND ASSISTANCE

Emergency Broadband Benefit Program

Telephone: 888-225-5322

Services: Program to help families and households struggling to afford internet service during the COVID-19 pandemic. www.fcc.gov/broadbandbenefit

Oregon Lifeline

www.puc.state.or.us

Services: Discounted or free phone/broadband service to qualifying low-income households. Apply online at: www.puc.state.or.us

EMPLOYMENT

Employment Training, Resume Printing, Workshops, and Job Search

Department of Human Services

Telephone: 541-942-9186

305 Coop Ct., Cottage Grove, OR 97424

Services: Employment assistance, training, and job placement for individuals receiving cash and food assistance through DHS. www.oregon.gov/dhs

Dirt Cheap Copies

Telephone: 541-946-3981

725 E. Whiteaker Avenue, Cottage Grove, OR 97424

Services: Free resume printing for job seekers. www.dirtcheapcopies.com

EMPLOYMENT Continued

Goodwill Job Connections**Telephone: 541-431-3309**

1205 Hwy 99 N., Cottage Grove, OR 97424

Services: Employment assistance, workshops, job fairs and referrals.www.goodwill-oregon.org/JobConnections*Note: Cottage Grove site is closed due to COVID-19 until further notice. Services are available in Eugene or Springfield by appointment only.***Oregon Employment Department****Telephone: 541-686-7601**2510 Oakmont Way, Eugene, OR 97401; www.employment.oregon.gov**Services:** State Unemployment Insurance and job search resources.**WIOA Program, Connected Lane County****Telephone: 541-731-7472**

455 Adams Avenue, Cottage Grove, OR 97424

Services: The Workforce Innovation and Opportunity Act (WIOA) program supports youth, ages 14-24, in obtaining educational success, employment, housing stability, financial literacy, and more. www.connectedlane.org/wioa

CRISIS SUPPORT

CRISIS HOTLINES AND SUICIDE PREVENTION

EMERGENCIES: CALL 911**American Foundation for Suicide Prevention****Telephone: 888-333-AFSP****Services:** Saving lives and bringing hope to those affected by suicide. www.afsp.org**Crisis Text Line****Telephone: Text HOME to 741741****Services:** Free 24-hour text support with a Crisis Counselor. Text HOME to 741741**Hope and Safety Alliance (formerly Womenspace)****Telephone: 541-485-6513****Services:** 24-hour crisis and support. www.hopesafetyalliance.org**Looking Glass Youth Crisis Hotline****Telephone: 541-689-3111****Services:** 24-hour crisis response. www.lookingglass.us**Friends For Survival****Telephone: 916-392-0664****Services:** Bereavement outreach and support for those grieving after a suicide death. www.friendsforsurvival.org**National Suicide Prevention Hotline****Telephone: 800-273-TALK****Services:** Free 24-hour confidential support for suicidal crisis or emotional distress and crisis resources. www.suicidepreventionlifeline.org**One Thing You Can Do****www.onethingtodo.org/#hero****Services:** Information about Risk Protection Order/Red Flag Order to temporarily suspend a person's access to firearms if they present a risk to themselves or others. www.onethingtodo.org/#hero**Oregon Alliance to Prevent Suicide****Telephone: 877-968-8491****Services:** Youth suicide intervention, prevention, and resources. Text 'OREGON' to 741741 www.oregonalliancetopreventsuicide.org

CRISIS SUPPORT *Continued*

EMERGENCIES: CALL 911

CRISIS HOTLINES AND SUICIDE PREVENTION *Continued*

Sexual Assault Support Services (SASS)

Telephone: 844-404-7700

Services: 24-hour crisis and support line for survivors of sexual violence and their families.
www.sass-lane.org

South Lane Mental Health (SLMH)

Telephone: 541-942-3939

1345 Birch Avenue, Cottage Grove, OR 97424

Services: Walk-in/call-in Crisis services available Monday - Thursday, 9 a.m. - 4 p.m. www.slmh.org

The Trevor Project

Telephone: 866-488-7386

Services: Free 24-hour confidential suicide or crisis support for LGBTQ youth. Text "START" to 678-678.
www.thetrevorproject.org

Trans Lifeline

Telephone: 877-565-8860

Services: Peer support for trans and questioning peers. www.translifeline.org

White Bird Crisis Hotline

Telephone: 541-687-4000

Services: 24-hour crisis support. www.whitebirdclinic.org

Youthline

Telephone: 877-968-8491

Services: Teen-to-teen crisis help line and texting support. Text "teen2teen" to 839863.
www.oregonyouthline.org

CHILD/ELDER ABUSE AND NEGLECT

CAFA (Christians as Family Advocates)

Telephone: 541-686-6000

921 Country Club Road, Suite 222, Eugene, OR 97401

Services: Report child abuse or neglect. Services to make a safe place for children and families. www.cafaweb.com

Department of Human Services Child Welfare

Telephone: 541-686-7555

Services: Report abuse or neglect. www.oregon.gov/dhs

Family Relief Nursery

Telephone: 541-942-4835

720 N. 14th Street, Cottage Grove, OR 97424

Services: Report child abuse or neglect. www.frncg.org

Kids First

Telephone: 541-682-3938

299 E. 18th Avenue, Eugene, OR 97401

Services: Free medical exams and child interviews regarding abuse. You must be referred by DHS or law enforcement. www.kidsfirstcenter.net

Childhelp National Child Abuse Hotline

Telephone: 800-422-4453

Services: Counselors available 24-hours. Information on child abuse. Call to report child abuse. www.childhelp.org

CRISIS SUPPORT *Continued*

CHILD/ELDER ABUSE AND NEGLECT *Continued*

Oregon Child and Elder Abuse Hotline

Telephone: 855-503-SAFE

Services: 24-hour hotline to report suspected child or elder abuse and neglect.

90 By 30

Telephone: 541-346-7484

Services: Collaborative effort to reduce child abuse in Lane County. www.90by30.com

Senior and Disability Services Adult Protection Services

Telephone: 541-682-4140

Services: To report abuse of a senior or an adult with a disability in the Lane County area. Email: abuserreporting@lcog.org. www.sdslane.org

DOMESTIC VIOLENCE AND SEXUAL ASSAULT

CAFA (Christians as Family Advocates)

Telephone: 541-686-6000

921 Country Club Road, Suite 222, Eugene, OR 97401

Services: Domestic violence intervention program (OPAC). www.cafaweb.com

Department of Human Services (DHS)

Telephone: 541-942-9186

305 Coop Court, Cottage Grove, OR 97424

Services: Domestic violence services, resources, temporary financial help, safety planning, and advocacy. www.oregon.gov/dhs

Hope and Safety Alliance (formerly Womenspace)

Telephone: 541-485-8232

24-hour Crisis Line: 541-485-6513 or 800-281-2800

1577 Pearl Street, Second Floor, 400, Eugene, OR 97401

Services: Support to get out of abusive or harmful situations. Domestic violence/relationship abuse support, shelter and safe housing for families and individuals leaving a dangerous situation, and support groups. Spanish and English speaking advocates available 24-hour on the crisis line and Web Chat. www.hopesafetyalliance.org

Love is Respect

Telephone: 866-331-9474

Text: LOVEIS to 22522

Services: 24-hour information, support and advocacy to young people, between the ages of 13 and 26, who have questions or concerns about their romantic relationships.

National Domestic Violence Hotline

Telephone: 800-799-7233

Services: National Domestic Violence hotline.

National Sexual Violence Resource Center

Telephone: 717-909-0710

Services: Information and tools to prevent and respond to sexual violence. www.nsvrc.org

Rape, Abuse, and Incest National Network (RAINN)

Telephone: 800-656-4673

Services: 24-hour sexual assault hotline, programs to prevent sexual violence, and help for survivors. www.rainn.org

Sexual Assault Support Services (SASS)

Telephone: 541-343-7277

591 W. 19th Avenue, Eugene, Oregon 97401; www.sass-lane.org

Services: 24-hour crisis support line: 844-404-7700. Community education, outreach, advocacy, and support to survivors of sexual violence and their families.

CHILD CARE & EARLY EDUCATION

211Info Child Care

Telephone: CALL 211

Services: 211info Child Care provides free, customized referrals to child care providers and strategies for finding quality child care in Oregon. CALL 211 or 1-866-698-6155 to speak with a Parent Educator about child care resources.
www.211info.org

Creswell Christian Child Care Center (5 C's)

Telephone: 541-895-4652

380 Kings Row, Creswell, OR 97426

Services: Day care (ages 6 months-10 years), after-school care, preschool, and kindergarten classes. www.creswellchristianschool.com

Creswell Clubhouse

Telephone: 541-852-6034

996 W. A Street, Creswell, OR 97426

Services: After-school program at Creslane Elementary School for grades K-5 and Summer Enrichment program. Children participate in a variety of activities and clubs.
www.creswellclubhouse.org

Department of Human Services (DHS)

Telephone: 541-942-9186

305 Coop Court, Cottage Grove, OR 97424

Services: Child care assistance to eligible families in the JOBS Program and low-income employed families.
www.oregon.gov

Early Education Program (EEP)

Telephone: 541-895-6174

Creslane Elementary School: 996 West A, Creswell, OR 97426

Services: Structured preschool for Cottage Grove and Creswell students, ages 3-5 years, with and without special needs. Focus is on language, motor, and social skills. Year-round morning classes offered.
www.earlyeducationprogram.org

Family Relief Nursery

Telephone: 541-942-4835

720 N. 14th Street, Cottage Grove, OR 97424

Services: Therapeutic early childhood program (age 5 and under), home visits for parents, parent education classes, respite care, crisis response, home-based support and services, Latinx outreach (servicios en español), resource referrals and advocacy services, nutritious meals and snacks, free transportation to and from TECP classes, social events for the families, donations closet, and parent resource library. All services are free of charge. www.frncg.org

Great Days Early Education Center

Telephone: 541-942-7460

403 N. River Road, Cottage Grove, OR 97424

Services: All day child care, preschool, pre-k, and after-school child care. Open year round. DHS and ERDC payments accepted.
www.greatdaysed.org

CHILD CARE & EARLY EDUCATION *Continued*

Head Start of Lane County

Telephone: 541-767-3525

1310 S. 8th Street, Cottage Grove, OR 97424

Services: Head Start of Lane County provides high quality preschool education services to eligible Lane County children ages birth to five and pregnant women.

No cost (eligibility based on income). www.hsolc.org

Relief Nursery

Telephone: 541-682-7425

1720 W. 25th Avenue, Eugene, OR 97405

Services: Therapeutic Early Childhood Program provides a unique combination of individualized classroom and home-based developmental experiences for children birth through 5 years of age. The program works with specific issues of children from multi-stressed families who have experienced trauma, abuse, stress, or are at-risk for such experiences. www.reliefnursery.org

KITS (Kids in Transition to School)

Telephone: 541-942-4967

Services: The Kids in Transition to School (KITS) program is a FREE summer program to help you and your child to get ready for kindergarten.

www.slane.k12.or.us/apps/pages/KITS

www.kidsintransitiontoschool.org/sign-up-for-kits-this-summer

Preschool Promise, Lane Kids

Telephone: 541-515-3546

541-515-3546 (English) , 541-357-5809 (Español)
3171 Gateway Loop, Springfield, OR 97477

Services: Preschool Promise provides preschool in Cottage Grove at Harrison Elementary and Bohemia Elementary, as well as at Dorena Elementary, where transportation is available for Cottage Grove addresses. Children eligible to participate in Preschool Promise must be ages 3 or 4 years old on September 1 and a resident of Oregon. Income eligible based on household income (At or below 200% of the Federal Poverty Level). www.lanekids.org/preschool-promise

South Lane School District's Family Resource Center, Peggy's Primary Connection

Telephone: 541-942-4967

1310 S. 8th Street, Cottage Grove, OR 97424

Services: Preschool Promise, KITS (Kindergarten readiness), parent classes, family support, early childhood resources, and tri-lingual support services. www.slane.k12.or.us

The Growing Place

Telephone: 541-895-3983

160 N. Mill Street, Creswell, OR 97426

Services: Preschool, ages 3-5 years, and all-day child care, ages 6 weeks-5 years.

Trinity Lutheran Preschool

Telephone: 541-942-2373

675 S. 7th Street, Cottage Grove, OR 97424

Services: Pre-k for ages 3-4 years (a.m. and p.m. classes). Christian-based classroom with Bible lessons, music, fun activities, and educational materials. www.tlccg.com

Note: Due to COVID 19 the preschool will not open for the 2022 school year.

YMCA After-School Program

Telephone: 541-686-9622

Services: After-school program at Harrison Elementary. Monthly tuition (DHS payments accepted and financial assistance available for those who qualify).

www.eugeneymca.org

EDUCATION AND THE ARTS

*Schools, Homeschooling, English Language Learner
Programs, Libraries, Women in Transition, Dance & Gymnastics, and Theater*

SCHOOLS

Al Kennedy High School

Telephone: 541-942-1962

79980 Delight Valley School Road, Cottage Grove, OR 97424

Services: Public high school serving grades 9-12. www.slane.k12.or.us/kennedy

Bohemia Elementary School

Telephone: 541-942-3313

721 S. R Street, Cottage Grove, OR 97424

Services: Public elementary school serving grades K-5. www.slane.k12.or.us/Bohemia

Childs Way Charter School

Telephone: 541-946-1821

37895 Row River Road, Dorena, OR 97434

Services: Alternative Charter school serving grades 6-12. www.cwcs0809.org

Creslane Elementary School

Telephone: 541-895-6140

996 W. A Street, Creswell, OR 97426

Services: Public elementary school serving grades K-5. www.creswell.k12.or.us

Creswell High School

Telephone: 541-895-6020

33390 Niblock Lane, Creswell, OR 97426

Services: Public high school serving grades 9-12. www.creswell.k12.or.us

Creswell Middle School

Telephone: 541-895-6090

655 W. Oregon Avenue, Creswell, OR 97426

Services: Public middle school serving grades 5-8. www.creswell.k12.or.us

Creswell School District

Telephone: 541-895-6000

998 W. A Street, Creswell, OR 97426

Services: Creswell school district serving grades K-12. www.creswell.k12.or.us

Cottage Grove High School

Telephone: 541-942-3391

1375 S. River Road, Cottage Grove, OR 97424

Services: Public high school serving grades 9-12. www.slane.k12.or.us/cghs

Dorena School

Telephone: 541-946-1506

37141 Row River Road, Dorena, OR 97434

Services: Public school serving grades K-8. www.slane.k12.or.us/Dorena

Harrison Elementary School

Telephone: 541-942-3389

1000 Taylor Avenue, Cottage Grove, OR 97424

Services: Public elementary school serving grades K-5. www.slane.k12.or.us/Harrison

EDUCATION AND THE ARTS

SCHOOLS Continued

Lane Community College, CG Center

Telephone: 541-942-4202

1275 S. River Road, Cottage Grove, OR 97424

Services: Public Community College. www.lanecc.edu

Lincoln Middle School

Telephone: 541-942-3316

1565 4th Street, Cottage Grove, OR 97424

Services: Public middle school serving grades 6-8. www.slane.k12.or.us/Lincoln

London Elementary School

Telephone: 541-942-0183

73288 London Road, Cottage Grove, OR 97424

Services: Public elementary school serving grades K-8. www.slane.k12.or.us/london

South Lane School District

Telephone: 541-942-3381

455 Adams Avenue, Cottage Grove, OR 97424

Services: Public schools serving grades K-8. www.slane.k12.or.us

The Academy for Character Education (ACE)

Telephone: 541-942-9707

195 N. 6th Street, Cottage Grove, OR 97424

Services: Fully accredited K-12 tuition-free public charter school.
www.aceclassicaled.org

HOMESCHOOLING

Connections Academy

Telephone: 800-382-6010

Services: Tuition-free online public K-12 school. www.connectionsacademy.com

Home School Legal Defense Association

Telephone: 540-338-5600

Services: Oregon homeschool laws and information on homeschooling in Oregon. Advice, legal support regarding homeschooling, resources, educational consultants, and Compassion grants. www.hslda.org/legal/oregon

Khan Academy

www.khanacademy.org

Services: Khan Academy offers free education for anyone online including, practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace. www.khanacademy.org

Oregon Home Education Network (OHEN)

Telephone: 503-893-2744

Services: Oregon Home Education Network supports families with critical information, resources, helpful suggestions, and words of encouragement from homeschool families and professionals in Oregon. www.ohen.org Email: info@ohen.org

Singing Creek Education Center

Telephone: 541 968-1986

Mailing Address: PO Box 1012, Cottage Grove, OR 97424

Site Address: 360 S. River Road, Cottage Grove, OR 97424

Email: director@singingcreekcenter.org

Services: History homeschool online, summer camps, field trips, classes, special events, and in-classroom presentations.
www.singingcreekcenter.org

EDUCATION AND THE ARTS Continued

ENGLISH LANGUAGE LEARNER PROGRAMS

Creswell School District

Telephone: 541-895-6140

998 W. A Street, Creswell, OR 97426

Services: ELD Program works to provide English learners the opportunity to gain fluency in academic English.

South Lane School District

Telephone: 541-767-0939

455 Adams Avenue, Cottage Grove, OR 97424

Services: SLSD's English Language Development (ELD) Program provides English learners the opportunity to gain fluency in academic English. www.slane.k12.or.us

LIBRARIES

Cottage Grove Genealogical Society Library

Telephone: 541-942-9570

700 E. Gibbs Avenue, Cottage Grove, OR 97426

Services: Genealogical Society collects and preserves genealogical and historical information. www.cggenealogy.org

Cottage Grove Historical Society

Telephone: 541-942-5022

308 S. 10th Street, Cottage Grove, OR 97424

Services: The Cottage Grove Historical Society is to preserve and celebrate the history and heritage of the Cottage Grove area and to stimulate interest and knowledge for generations to come. www.cghistory.org

Cottage Grove Public Library

Telephone: 541-942-3828

700 E. Gibbs Avenue, Cottage Grove, OR 97424
holds@cottagegrove.org

Services: Books, media and programs for children and adults, free access to public computers and internet. The library also offers interlibrary loan through the Lane Council of Libraries, curbside pickup and book delivery service for homebound residents.

Hours: Monday, 11:00 a.m. - 7:00 p.m., Tuesday, 11:00 a.m. - 7:00 p.m., Wednesday, 10:00 a.m. - 6:00 p.m., Thursday, 10:00 a.m. - 6:00 p.m., Friday, 10:00 a.m. - 6:00 p.m., Saturday, 10:00 a.m. - 4:00 p.m. www.cottagegroveor.gov/library

Creswell Historical Society

Telephone: 541-895-5464

55 N. 5th Street (P.O. Box 414), Creswell, OR 97426

Services: The Creswell Area Historical Society (CAHS) was founded in 1972 for the purpose of recording, marking, and preserving items of historical value to the Creswell area. www.sites.google.com/site/creswellareahistoricalsociety

Creswell Library

Telephone: 541-895-3053

64 W. OR Avenue, Creswell, OR 97426

Services: Books, media, and computer/Internet access. Open by appointment, curbside service also available. All children, teen programs, Storytime, and other activities have been moved online virtually during the pandemic. www.creswell-library.org

EDUCATION AND THE ARTS Continued

LIBRARIES Continued

Dolly Parton's Imagination Library

Telephone: 541-357-5716

Services: Book gifting program that sends books each month directly to your home until your child's 5th birthday. FREE! Enrollment eligibility: 0-4 years old.
education@unitedwaylane.org; www.lanekids.org/imagination-library-registration

Little Free Library

littlefreelibrary.org

Services: Book-sharing access for all through a global network of volunteer-led Little Free Libraries. To find a Little Free Library near you visit: littlefreelibrary.org/ourmap

Oregon Aviation Historical Society

Telephone: 541-543-1068

2475 Jim Wright Way, Cottage Grove, OR 97424

Services: Preserving Oregon's rich aviation heritage. www.oregonaviation.org

WOMEN IN TRANSITION

Lane Community College, Gender Equity

Telephone: 541-463-5353

4000 E. 30th Avenue, Building 1, Room 202, Eugene, OR 97405

Services: Women in Transition is designed to help women regain their sense of confidence, clarity, and genuine well-being. Ten weeks of class to help plan and reach personal and career goals. www.lanecc.edu/gec/women-transition

DANCE AND GYMNASTICS

South Lane Ballet Academy

Telephone: 541-912-2080

308 S. 10th Street, Cottage Grove, OR 97424

Services: Ballet, Modern, Jazz, Contemporary, and Hip Hop dance classes. www.southlaneballetacademy.org

The Health Hub

Telephone: 541-915-6349

1133 E. Main Street, Cottage Grove, OR 97424

Services: Gymnastics and tumbling. www.facebook.com/healthhubcottagegrove

THEATER

Cottage Theatre

Telephone: 541-942-8001

700 Village Drive, Cottage Grove, OR 97424

Services: Year-round season of plays and musicals. Tickets at box office. www.cottagetheatre.org

OPAL Center for Arts and Education

Telephone: 541-623-0513

513 E. Main Street, Cottage Grove, OR 97424

Services: Theater, community learning, after-school arts, venue, and classroom space. www.opalcentercg.org

PARENTING AND YOUTH SUPPORT

*Parenting and Youth Support Services,
Homeless Youth Services,
Autism Support, Car Seat Programs*

Access the Law

Telephone: 541-686-4890

1245 Pearl Street, Suite 1, Eugene, OR 97401

Services: Access the Law serves the underserved. It is a nonprofit legal services organization assisting and representing community members of modest means. ATL provides quality legal services for working and low income families and individuals.
accessthelaw.org

CAFA (Christians as Family Advocates)

Telephone: 541-686-6000

921 Country Club Road, Suite 222, Eugene, OR 97401

Services: Counseling services for individuals, families, and couples, parenting classes, domestic violence, intervention program, Kids Connecting Neurofeedback. Call to report Child Abuse. Temporary respite for families experiencing crisis.
www.cafaweb.com

Catholic Community Services

Telephone: 541-345-3628

Services: Young Parents program. www.ccslc.org

City of Cottage Grove Youth Peer Court

Telephone: 541-942-9145 ext.152

400 E. Main Street, Cottage Grove, OR 97424

Services: Community Diversion program for juvenile offenders. Referral required.
Call Cottage Grove City Hall. www.cottagegroveor.gov/peercourt

Direction Service

Telephone: 541-686-5060

1144 Gateway Loop, Suite 200, Springfield, OR 97477

Services: Youth and Family Services program helps to strengthen and empower families with youth (ages 0-23) living with a disability. They help coordinate services and supports to meet basic needs including food, housing, medical care, respite, and job placement. www.directionservice.org

FACT Oregon

Telephone: 503-786-6082

Services: FACT Oregon helps families navigate raising a child experiencing disability.
www.factoregon.org

Family Relief Nursery

Telephone: 541-942-4835

720 N. 14th Street, Cottage Grove, OR 97424

Services: Therapeutic early childhood program (age 5 and under), home visits for parents, parent education classes, respite care, crisis response, home-based support and services, Latinx outreach (servicios en español), resource referrals and advocacy services, nutritious meals and snacks, free transportation to and from TECP classes, social events for the families, donations closet, and parent resource library. All services are free of charge. www.frnecg.org

U.S. CONSUMER PRODUCT SAFETY COMMISSION

1-800-638-2772

PARENTING AND YOUTH SUPPORT Continued

FREE Bicycle Helmets (ages 15 & under)

Telephone: 541-942-9145

400 E. Main Street, Cottage Grove, OR 97424

Services: The City of Cottage Grove provides free bicycle helmets to qualifying children under the age of 15 years old. Contact the Police Dept. www.cottagegroveor.gov/police

Healthy Children

www.healthychildren.org

Services: Parenting website with general information related to child health or guidance on parenting issues. www.healthychildren.org

Hope and Safety Alliance (formerly Womenspace)

Telephone: 541-485-8232

24-hour Crisis Line: 541-485-6513 or 800-281-2800

1577 Pearl Street, Second Floor, 400, Eugene, OR 97401

Services: Support services to families to prevent abuse and neglect. Domestic violence and relationship abuse support, shelter and safe housing for families and individuals leaving a dangerous situation, and support groups. Spanish and English speaking advocates available 24-hours. www.hopesafetyalliance.org

Immigration Legal Services

Telephone: 541-345-3628 ext. 303

Eugene Community Service Center: 1464 W. 6th Avenue, Eugene, OR 97402

Services: Immigration legal services. www.CCSLC.org

Lane County WIC

Telephone: 541-682-4202

151 W. 7th Ave, Room 210, Eugene, OR 97401

Services: The WIC Program is a Special Supplemental Nutrition Program for qualifying families caring for a child under the age of five. WIC offers nutrition education, lactation support, and healthy foods. www.lanecounty.org

LaneKids-United Way

Telephone: 541-741-6000

3171 Gateway Loop, Springfield, OR 97477

Services: Lane County's hub for parents. Support for everyone who plays a parenting role for children in Lane County. Free resources in English and Spanish for child care, parenting education, and early learning. www.lanekids.org

LGBTQIA + Youth Support, SLMH

Telephone: 541-767-4088

1345 Birch Avenue, Cottage Grove, OR 97424

Services: SLMH provides individual, couples, and family therapy to LGBTQIA+ clients of all ages. Topics and concerns include exploring gender and sexual identities, coming out, couples therapy, family therapy, parent support, and gender transition. Telehealth or in-person counseling available. www.slmh.org

Love is Respect

Telephone: 866-331-9474

Call or Text: LOVEIS to 866-331-9474

Services: 24-hour information, support, and advocacy to young people between the ages of 13-26 who have questions or concerns about their romantic relationships.

MOPS ("Mothers of Preschoolers")

www.mops.org

Services: Support groups for moms. www.mops.org

90 By 30

Telephone: 541-346-7484

Services: 90 By 30 is a community-campus partnership dedicated to reducing child abuse in Lane County 90 percent by 2030. www.90by30.com

PARENTING AND YOUTH SUPPORT Continued

90 By 30 Welcome Baby Bundle

Telephone: 541-346-7484

Services: Free Welcome Baby Bundle to any infant born in the South Lane region and Lane County. There is no financial threshold to qualify. It contains diapers, clothes, wipes, other physical necessities, and a guide to community resources. To register for a bundle visit: 90by30.com/bundle-invitation

Ophelia's Place

Telephone: 541-284-4333

1577 Pearl Street, Suite 100, Eugene, OR 97401

Services: Helping girls make healthy life choices through empowerment, education, and support groups. In partnership with Lincoln Middle School, they provide trainings on topics such as healthy relationships, relational aggression, bullying prevention, and more. www.opheliasplace.net

Oregon Family Support Network

Telephone: 541-342-2876

72 A Centennial Loop, Suite 150, Eugene, OR 97401

Services: Empowering families through training, advocacy, and peer support. www.ofsn.org/ofsn-regional-offices-oregon/ofsn-lane-county-oregon/

Oregon Law Center, Lane County Legal Aid

Telephone: 541-485-1017

101 E. Broadway, Suite 200, Eugene, OR 97401

Services: Provides free legal help to people struggling to make ends meet on matters related to their homes, medical care, and physical safety against domestic violence. oregonlawcenter.org

Parenting Now!

Telephone: 541-484-5316

86 Centennial Loop, Eugene, OR 97401

Services: Parenting education and support to families with young children, online directory of programs, services, and assistance. www.parentingnow.org

Reach Out Oregon

Telephone: 833-732-2467

Services: Hotline providing a support team for families and caregivers with children. www.reachoutoregon.org

Relief Nursery

Telephone: 541-682-7425

1720 W. 25th Avenue, Eugene, OR 97405

Services: Relief Nursery provides comprehensive family support services to low-income parents with children up to five years of age. Programs include: Therapeutic Early Childhood program, Accessing Success (recovery support program), outreach, crisis intervention, respite care, mental health and counseling services, Healthy Families program, Ancillary Services, and respite care. reliefnursery.org

Safe Families

Telephone: 541-349-2870

921 Country Club Road, Suite 222, Eugene, OR 97401

Services: Safe Families provides family coaching, resources, and respite care to children whose families are experiencing a temporary emergency. www.eugene.safe-families.org

PARENTING AND YOUTH SUPPORT Continued

Sleep In Heavenly Peace

Telephone: 541-729-0420

Services: Charity providing hand-made bunk beds to children who don't have beds of their own. Each bed comes with a twin-size mattress, pillow, sheet set, and comforter. Serving Cottage Grove and Creswell area with delivery and set up. www.SHPbeds.org

Social Media Safety Guides HeartMob by Hollaback

holla@ihollaback.org

Services: Support to people experiencing online harassment. Share stories and receive support from vetted and trustworthy bystanders who can help in the form of supportive messages or by reporting or documenting abusive content. iheartmob.org

South Lane Mental Health

Telephone: 541-942-3939

1345 Birch Avenue, Cottage Grove, OR 97424

Services: SLMH works with children (ages 2 months-18 years) and families to address problems related to anger, depression, anxiety, trauma, grief, poor communication, as well as, family changes/transitions and many other mental health conditions and mood disorders. Telehealth or in-person counseling available. www.slmh.org

South Lane School District's Family Resource Center, Peggy's Primary Connection

Telephone: 541-942-4967

1310 S. 8th Street, Cottage Grove, OR 97424

Services: Preschool Promise, KITS (Kindergarten readiness), connect with resource navigators, parent classes, family support, early childhood resources, and tri-lingual support services. www.slane.k12.or.us

Stop Bullying

www.stopbullying.gov

Services: Information on bullying and cyberbullying. www.stopbullying.gov

Summer Food Program - FOOD for Lane County

Telephone: Text FOOD to 877877

Services: Summer Food Service Program (SFSP) offers free meals and snacks to all kids, ages 1-18. To find a location near you, text "FOOD" to 877877. For a complete map of sites visit: www.summerfoodoregon.org

The Child Center

Telephone: 541-726-1465

3995 Marcola Road, Springfield, OR 97477

Services: Counseling and family therapy, mental health assessments, outpatient services, intensive treatment services, intensive outpatient services and supports, applied behavior analysis (autism support), crisis response, parenting classes, community health and wellness, and a resource library. www.thechildcenter.org

The Hope Project

www.hopeprojecthelps.com

Services: Non-profit dedicated to response needs. If they hear about a need falling through the cracks of traditional support systems or needing immediate assistance, they will coordinate and provide any help they can. www.hopeprojecthelps.com

The Trevor Project

Telephone: 866-488-7386

Services: Free 24-hour confidential suicide or crisis support for LGBTQ youth. www.thetrevorproject.org

PARENTING AND YOUTH SUPPORT Continued

Triple P, Lane Kids

Telephone: 541-741-6000

Services: Free services equipping parents with the skills and confidence they need to handle parenting challenges and build strong relationship with their kids.

WellMama

Telephone: 541-525-0495

541-525-0495 or Text 'SUPPORT' to connect with a peer support volunteer.

Services: Education, advocacy, and resources for parents struggling with mental health issues during pregnancy and in the year after delivery. www.wellmamaoregon.org

WIOA Program, Connected Lane County

Telephone: 541-731-7472

455 Adams Avenue, Cottage Grove, OR 97424

Services: WIOA supports youth ages 14-24 in obtaining educational success, employment, housing stability, financial literacy, and more. www.connectedlane.org/wioa

Youth Advisory Council (YAC)

Telephone: 541-942-5501

400 E. Main Street, Cottage Grove, OR 97424

Services: The YAC advise the City on issues that affect youth in the community.

The positions on the Council are open to all middle school and high school aged youth in the community. Contact Richard Meyers, City Manager. www.cottagegroveor.gov/yac

TEXT4BABY

Free app for new parents to make it easy to get critical health and safety information! Text BABY (or BEBE for Spanish) to 511411. www.text4baby.org

AUTISM SUPPORT

Dogs for Better Lives

Telephone: 800-990-3647

Services: Autism assistance dogs. www.dogsforbetterlives.org

Kind Tree Autism Rocks

Telephone: 541-780-6950

Services: Support, services, and information for individuals and families living with autism and the professionals who serve them. www.kindtree.org

The Child Center

Telephone: 541-726-1465

3995 Marcola Road, Springfield, OR 97477

Services: Applied behavior analysis (autism support). www.thechildcenter.org

Early Childhood CARES

Telephone: 541-346-2578

1500 W. 12th Avenue, Eugene, OR 97402

Services: Licensed professionals with specializations in the areas of early intervention and early childhood special education, speech therapy, physical/occupational therapy, autism and behavior. No cost to eligible families. earlychildhoodcares.uoregon.edu

NATIONAL POISON CONTROL CENTER 1-800-222-1222

PARENTING AND YOUTH SUPPORT Continued

CAR SEAT PROGRAMS

City of Cottage Grove Child Car Seat Program

Telephone: 541-942-9145 x 264

Services: Free car seat installation and inspections by the Police Department. By appointment only. Contact Tisha Fetter, ext. 267.
www.cottagegroveor.gov/police/page/child-car-seat-program

Parenting Now Car Seat Clinic

Telephone: 541-484-5316

Services: Virtually meet with a certified Child Passenger Safety Technician who can check your child's seat for correct installation and answer car seat questions for free. Schedule an appointment online at: www.parentingnow.org

Safe Kids

www.safekids.org/car-seat

Services: Car seat safety tips. www.safekids.org/car-seat

HOMELESS YOUTH SERVICES

C.O.R.E: (Youth ages 30 and under)

Telephone: 503-877-5320

3003 W. 11th Avenue, #277, Eugene, OR 97420

Services: Support for youth, ages 30 and under, experiencing homelessness, housing instability, and other hardships. Street Outreach Alliance Program, food, harm reduction, hygiene/survival supplies, resource/referral, case management.
www.coreeugene.org

Looking Glass, Rural Program

Telephone: 541-767-3823

508 E. Whiteaker Avenue, Cottage Grove, OR 97424 **Crisis Line: 888-689-3111**

Services: *HOMELESS YOUTH*, ages 11-21, who are experiencing homelessness, at risk for homelessness, and/or who have run away. Services include: Basic needs, food, clothing, case management including transitional living plan and assistance in finding and maintaining stable housing, street outreach, employment guidance, and other vital resources. **Meal Schedule:** Breakfast: 8:30 a.m. - 9:30 a.m.; Lunch: 12:00 p.m. - 4:00 p.m.; Snacks available. Emergency shelter at Station 7 in Eugene.
www.lookingglass.us/ruralprogram

McKinney-Vento Program - Cottage Grove

Telephone: 541-735-5702

Contact: Tessa Hart, McKinney-Vento Liaison; E-mail: tessa.hart@slane.k12.or.us

Services: *HOMELESS YOUTH* program that works with students and families to ensure educational needs are met, reduces barriers that prevent youth from enrolling, attending school, and connects them to local support resources. www.slane.k12.or.us

National Runaway Safeline

Telephone: 1-800-RUNAWAY

Services: National Runaway Safeline.
Call: 1-800-RUNAWAY/Chat: 1800RUNAWAY.org/Text: 66008

15th Night

Telephone: 541-246-4046

Services: 15th Night works with youth homelessness by connecting existing resources and finding innovative ways to keep kids in school and off the streets.
www.15thnight.org

HEALTH CARE

Clinics and Medical Centers, COVID-19 Coronavirus, Dental Care, Developmental Disabilities, Doula, Hearing Aids, HIV Testing and Needle Exchange, Immunizations, Lactation Support, Mental Health, Optical, Prescription Assistance/Drop Box Sites, and Physical Therapy and Rehabilitation.

Oregon Health Plan (OHP) Department of Human Services

Telephone: 541-942-9186

305 Coop Court, Cottage Grove, OR 97424

Services: Oregon's Medicaid program. Several health care programs available for low-income Oregonians through OHP. www.oregon.gov/dhs.

Apply online at: www.oregon.gov/oha/HSD/OHP/ or at: www.one.oregon.gov

Learn about health coverage options in Oregon at: healthcare.oregon.gov

CLINICS AND MEDICAL CENTERS

Emerald Valley Wellness Clinic

Telephone: 541-895-5300

300 N. Mill Street, Creswell, OR 97426

Services: Family clinic, preventive medicine, and health seminars. www.emeraldwellness.com

Gabriele Wellness Center

Telephone: 541-649-1450

502 E. Whiteaker Avenue, Cottage Grove, OR 97424

Services: Mary Gabriele, MD. Family medicine physician. www.marygabrielemd.com

Lane County Community Health Centers

www.lanecounty.org

Services: Community Health Centers of Lane County, a federally qualified health center (FQHC), is to improve the health and wellness of our community through access to affordable, holistic healthcare.

Brookside Clinic

Telephone: 541-682-3550

1680 Chambers Street, Suite 103, Eugene, OR 97402

Services: Primary medical care for the whole family, reproductive health care services, preventive medicine, and chronic disease management.

Charnelton Community Clinic

Telephone: 541-682-3550

151 W. 7th Street, Suite 100, Eugene, OR 97401

Services: Prenatal clinic, family planning services, pediatrics, family practice, and internal medicine. Oregon Health Plan enrollment assistance offered onsite.

Delta Oaks Clinic:

Telephone: 541-682-3550

1022 Green Acre Road, Eugene, OR 97408

Services: Primary medical care for the whole family, reproductive health care services, preventive medicine, and chronic disease management.

LCBH Primary Care:

Telephone: 541-682-3550

2411 Martin Luther King Jr. Blvd., Eugene, OR 97401

Services: Primary care and reproductive health care.

Riverstone Clinic:

Telephone: 541-682-3550

2073 Olympic Street, Springfield, OR 97477

Services: Primary medical care, pediatric care, behavioral healthcare, family planning services and Oregon Health Plan enrollment.

HEALTH CARE Continued

CLINICS AND MEDICAL CENTERS Continued

G Street Integrated Health

Telephone: 541-735-9420

1435 G Street, Springfield, OR 97477

Services: Primary care, mental health counseling, drug and alcohol counseling, medication assisted treatment, and urgent care. www.gstih.org

Lane County Public Health

Telephone: 541-682-4041

151 W. 7th Avenue, # 310, Eugene, OR 97401

Services: Adult and child immunizations, STI testing and treatment. Spanish interpretation available. OHP accepted. www.lanecounty.org

Nova Health

Telephone: 541-942-7000

1445 N. Gateway Street, Cottage Grove, OR 97424

Services: Urgent care, primary care, physical therapy, walk-ins welcome, and Covid-19 testing. Accepts Trillium and most insurance, financial consideration for self-pay.

Telemedicine. Nova Health is offering online scheduling options for primary care and urgent care services. Schedule at: www.novahealth.com

PeaceHealth Cottage Grove Community Medical Center

Telephone: 541-767-5500

1515 Village Drive, Cottage Grove, OR 97424

Services: Medical care and 24-hour Emergency Department. www.peacehealth.org

- **Administration:** 541-767-5500
- **Billing/Hospital Patient Financial Services:** 800-873-8253
- **24-hour Emergency Department:** 541-767-5450
- **Walk-in Clinic:** 541-767-5200
- **PeaceHealth Medical Group Clinics:** 541-767-5200
- **Foundation, Cottage Grove Community Medical Center:** 541-767-5461

PeaceHealth Medical Group Clinic, Creswell

Telephone: 541-222-7700

180 Melton Road, 2nd Floor, Creswell, OR 97426

Services: Medical care and walk-in clinic. www.peacehealth.org

Planned Parenthood

Telephone: 541-344-9411

Eugene-Springfield Health Center: 3579 Franklin Blvd., Eugene, OR 97403

West Eugene Health Center: 793 N. Danebo Avenue, Eugene, OR 97402

Services: Abortion referrals and services, birth control, general health care, HIV testing, men's health care, morning-after pill (emergency contraception), pregnancy testing and services, STD testing, LGBT services, and women's health care. www.plannedparenthood.org

Volunteers in Medicine

Telephone: 541-685-1800

2260 Marcola Road, Springfield, OR 97477

Services: Primary medical care clinic for low-income adults and their households in Lane County who can't afford health care coverage. www.vim-clinic.org

White Bird Medical Clinic

Telephone: 541-342-8255

Community Crisis Hotline: Available 24-hour. Call 541-687-4000 or 800-422-7558.

341 E. 12th Avenue, Eugene, OR 97401

Services: Medical, mental health, dental care, and behavioral health on a sliding fee scale. OHP accepted. www.whitebirdclinic.org

HEALTH CARE Continued

COVID-19 CORONAVIRUS

COVID Tests

www.covidtests.gov

Services: Free at-home COVID-19 tests. www.covidtests.gov

Centers for Disease Control

www.cdc.gov

Services: Information on COVID-19. www.cdc.gov

Lane County Public Health

Telephone: 541-682-1380

Services: Information on COVID-19 vaccines and testing, contact tracing, quarantine and isolation resources, data and reports, frequently asked questions (FAQs) nuevo coronavirus (COVID-19) - información en español, and other COVID-19 resources. www.lanecountyor.gov/coronavirus

Oregon Health Authority

Telephone: 1-866-698-6155

Services: Covid-19 updates. Call 211 or 1-866-698-6155. govstatus.egov.com/OR-OHA-COVID-19

World Health Organization

www.who.int

Services: Information on COVID-19.

(LOW COST) DENTAL CARE/DENTAL CLINICS

Advantage Dental+

Telephone: 541-837-1674

1775 E. Main Street, Cottage Grove, OR 97424

Services: Oral health care provider, serving all dental needs by providing a full range of preventive, cosmetic and specialty dentistry services. OHP accepted. www.advantagedental.com

Birch Avenue Dental

Telephone: 541-942-2471

Services: Oral health care provider. Loyalty discount program for uninsured patients. www.birchavenuedental.com

Caring Hand to Mouth

Telephone: 541-937-2786

Services: Free dental service that works with dentist who volunteer dental care to people below 150% of the federal poverty level with no Oregon Health Plan dental coverage or other dental insurance. Free dental services Include: Dental Exam, Digital X-rays, Extractions, Cleanings, and Fillings. www.caringhandsworldwide.org

Lane Community College Dental Clinic

Telephone: 541-463-5206

2460 Willamette Street, Eugene OR 97405

Services: Full-service dental clinic specializing in treating patients without access to dental care. Services include: X-rays, cleanings, sealants, and many restorative services. OHP accepted. Cost varies by income. www.lanecc.edu/dentalclinic

Learn about health insurance coverage options at: healthcare.oregon.gov

HEALTH CARE Continued

Oregon Health Plan (OHP)

Telephone: 800-359-9517

Services: Oregon's Medicaid program (eligibility criteria). Apply for the Oregon Health Plan (OHP) online at: ONE.Oregon.gov

South Lane Children's Dental Clinic

Telephone: 541-942-3383

Services: Non-profit Dental Clinic offering dental services to non-insured or under served children enrolled in South Lane, Creswell, and North Douglas School Districts. The clinic operates during the regular school year based on the availability of volunteer dentists and their staff. www.slane.k12.or.us

White Bird Medical and Dental Clinic

Telephone: 541-344-8302

1400 Mill Street, Eugene, OR 97401

Services: Emergency, preventative, and restorative dental care to people who may be uninsured, underinsured, low income or homeless, and may otherwise go without care. Services provided include: filling, crowns, endodontics, extractions, periodonture, bridges, prophylaxis, application of fluoride and sealants and oral health education. Accept OHP/Trillium and private dental insurance. Uninsured patients are charged on a sliding scale based on income. www.whitebirdclinic.org

DEVELOPMENTAL DISABILITIES SERVICES

Developmental Disabilities Services, Lane County

Telephone: 541-682-3695

125 E. 8th Avenue, Eugene, OR 97401

Services: Cottage Grove and Creswell families apply at the Eugene office for local support services for adults with lifelong developmental disabilities. Assessment, training, and life-span care. www.lanecounty.org

Direction Service

Telephone: 541-686-5060

1144 Gateway Loop, Suite 200, Springfield, OR 97477

Services: Youth and Family program that works to strengthen and empower families with youth (ages 0-23) living with a disability. www.directionservice.org

Early Childhood CARES

Telephone: 541-346-2578

1500 W. 12th Avenue, Eugene, OR 97402

Services: Early Childhood CARES provides early intervention and early childhood special education services to infants, toddlers and preschool children in Lane County. Services include: Parent consultation, parent-toddler groups, specialized preschools, consultation to children in community preschools or child care, and speech, physical or occupational therapy. Licensed professionals with specializations in the areas of early intervention/early childhood special education, speech therapy, physical therapy, autism and behavior. No cost to eligible families. earlychildhoodcares.uoregon.edu

Full Access

Telephone: 541-942-5003

1450 Birch Avenue, Suite R, Cottage Grove, OR 97424

Services: Assisting individuals with intellectual and developmental disabilities. www.fullaccess.org

Lane Independent Living Alliance

Telephone: 541-607-7020

20 E. 13th Avenue, Eugene, OR 97401

Services: Services to anyone with a disability. www.lilaoregon.org

HEALTH CARE Continued

DEVELOPMENTAL DISABILITIES SERVICES Continued

RISE

Telephone: 541-246-3697

1500 Valley River Drive, Suite 270, Eugene, OR 97401

Services: Services and support for people with intellectual and developmental disabilities through residential services, day programs, employment assistance, managed care, and home or community-based services. Support for children and families with services such as foster care, professional parenting, adoption, kinship care, after-school and summer programs, behavior supports, and mental health services. Early Intervention Services are for children under the age of three with a significant developmental delay or established condition and include Occupational Therapy, Speech Therapy, Physical Therapy, and Developmental Specialties. www.riseservicesinc.org

The Arc Lane County

Telephone: 541-343-5256

4181 E. Street, Springfield, OR 97478

Services: The Arc provides supports, services and connects families and individuals who experience disabilities to information, resources and direct support professionals and more. www.arclane.org

DOULA SERVICES

Doulas of Lane County

Services: Doula Services. www.doulasoflanecounty.com

Tender Hands Doula Services

Telephone: 704-517-5848

Services: Birth and postpartum doula services, childbirth education classes, and newborn infant massage parent classes. www.tenderhandsdoula.com

HEARING AIDS

Cottage Grove Lions Club

Telephone: 541-942-0126

Services: Financial assistance with eye exams, glasses and hearing aids. They also assist with eye surgery through the Lions Sight and Hearing Foundation. (Contact Ric)

Grant's Hearing Center

Telephone: 541-636-9518

1020 Green Acres Road, #8, Eugene, OR 97408

Services: Hearing loss, hearing aids, and hearing testing. www.grantshearing.com

HIV TESTING AND NEEDLE EXCHANGE

HIV Alliance

Telephone: 541-342-5088

75 S. 5th Street, Cottage Grove, OR 97424

Services: HIV testing and needle exchange every Tuesday from 5:30 p.m. - 7:00 p.m. www.hivalliance.org

HEALTH CARE Continued

IMMUNIZATIONS

You can protect yourself against all COVID-19 variants by getting vaccinated and getting a booster if you are eligible. Flu Shots available as well. Visit: lanecounty.org or call your primary care provider or a local pharmacy.

Cottage Grove

- McCoy's Pharmacy: 541-942-7799; 1205 N. Pacific Hwy UNIT 3, CG
- Nova Health: 541-942-7000; 1445 N. Gateway Blvd., CG
- PeaceHealth Clinic: 541-767-5200; 1515 Village Dr., CG
- Safeway Pharmacy: 541-942-7443; 1500 E. Main St., CG
- Walgreens Pharmacy: 541-942-2224; 1704 E. Main St., CG
- Walmart Pharmacy: 541-942-0940; 901 Row River Rd., CG

Creswell

- Camas Swale: 541-658-5301; 170 Melton Rd., Creswell
- Emerald Valley Wellness Clinic: 541-895-5300; 300 N. Mill St., Creswell
- PeaceHealth Clinic: 541-222-7700; 180 Melton Rd., 2nd Fl., Creswell

Eugene

- Lane County Public Health: 541-682-4041; 151 W. 7th Ave., # 310, Eugene

LACTATION SUPPORT

La Leche League

www.lalecheleagueoregon.webs.com

Services: Help with breastfeeding through peer support, encouragement, information, and education and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and parent. www.lalecheleagueoregon.webs.com

Lane County WIC

Telephone: 541-682-4202

151 W. 7th Ave, Room 210, Eugene, OR 97401

Services: The WIC Program provides lactation support. www.oregon.gov/oha/ph/healthypeoplefamilies/wic

Nursing Mothers Counsel of Oregon

Telephone: 503-718-7084

Services: Lactation support. nursingmotherscounsel.org

DID YOU KNOW?

Lane County residents who are eligible for transportation benefits under the Oregon Health Plan (OHP) may receive transportation through RideSource.

RideSource - Oregon Health Plan

Telephone: 541-682-5566

Services: Lane County residents who are eligible for transportation benefits under the Oregon Health Plan (OHP) may receive transportation for medical appointments through RideSource or mileage reimbursement. To learn more/apply, call 877-800-9899, or 7-1-1 (TTY). www.ltd.org/oregon-health-plan-service

HEALTH CARE Continued

MENTAL HEALTH

CAFA (Christians as Family Advocates)

Telephone: 541-686-6000

921 Country Club Road, Suite 222, Eugene, OR 97401

Services: Counseling services for individuals, families, and couples.
www.cafaweb.com

Direction Service

Telephone: 541-686-5060

1144 Gateway Loop, Suite 200, Springfield, OR 97477

Services: Mental health services for children, adolescents, families, and adults. Comprehensive assessment, treatment and planning, skill building, individual and family therapy, group therapy, and consultation. www.directionservice.org

EMERGENCE Counseling

Telephone: 541-767-3057

710 Adams Street, Cottage Grove, OR 97424

Services: Recovery for people who suffer from addictions and mental health disorders. www.4emergence.com

Fern Reach LLC, Valeria Clarke

Telephone:
541-649-1877 or 458-201-4911

55 S. 17th Street, Cottage Grove, OR 97424

Services: Mental Health Therapist serving adults and adolescents. Specializes in trauma, anxiety, autism, transitions, relational difficulties, and LGBTQIA. Private insurance and self-pay accepted. Telehealth or in-office services available.

Gateway Counseling Center

Telephone: 541-942-0040

26 N. 5th Street, Cottage Grove, OR 97424

Services: Serving teens, individuals, couples, and families who suffer with panic, anxiety, depression, grief, abuse, and bipolar. Accepts private insurance.
www.gateways-counseling.com

Hope and Safety Alliance (formerly Womenspace)

Telephone: 541-485-8232

24-hour Crisis Line: 541-485-6513 or 800-281-2800

1577 Pearl Street, Second Floor, 400, Eugene, OR 97401

Services: Support services to prevent abuse and neglect and change the long-term effects of abuse.
www.hopesafetyalliance.org

Jennifer Ferraez, LCSW

Telephone: 805-324-2658

1450 Birch Avenue, Cottage Grove, OR 97424

Services: Counseling and integrated healthcare.

National Alliance on Mental Illness (NAMI)

Telephone: 541-343-7688

129 9th Street, Springfield, OR 97477

Services: Education, advocacy, and support for persons with mental illness and their families. Cottage Grove support groups. www.namilane.org

HEALTH CARE Continued

MENTAL HEALTH Continued

South Lane Mental Health (SLMH)

Telephone: 541-942-3939

1345 Birch Avenue, Cottage Grove, OR 97424

Services: Medication assessment, management and monitoring, individual, family, or child counseling, referrals, crisis response, supported housing and independent living services, recovery program for ages 14 and up, supported housing, and help with OHP sign up. Telehealth or in-person counseling available. www.slmh.org

The Child Center

Telephone: 541-726-1465

3995 Marcola Road, Springfield, OR 97477

Services: Counseling and family therapy, mental health assessments, outpatient services, intensive treatment services, intensive outpatient services and supports, applied behavior analysis (autism support), crisis response, parenting classes, community health and wellness, and a resource library. www.thechildcenter.org

Tim Landry Therapy

Telephone: 541-206-5071

1450 Birch Avenue, Cottage Grove, OR 97424

Services: Providing mental wellness and healing through therapy.

Willamette Family

Telephone: 541-762-4300

1450 Birch Avenue, Cottage Grove, OR 97424

Services: Health, wellness, and recovery services. www.wfts.org

OPTICAL

Advanced EyeCare Associates

Telephone: 541-942-0176

315 S. Pacific Hwy, Cottage Grove, OR 97424

Services: Eye care services. www.advancedeyecare.org

Cottage Grove Lions Club

Telephone: 541-942-0126

Services: The Lions Club provides financial assistance with eye exams, glasses and hearing aids. Assistance with eye surgery through the Lions Sight and Hearing.

Eyeland Family Optical

Telephone: 541-895-3937

281 W. Oregon Avenue, Creswell, OR 97426

Services: Eye care services. www.visionsource-eyelandfamilyoptical.com

Oregon Relay 711

Telephone: 800-676-3777

Services: Oregon Relay is a free service that provides full telephone accessibility to people who are deaf, hard-of-hearing, deaf-blind, and speech-disabled. This service allows text-telephone (TTY) users to communicate with standard telephone users through specially trained relay operators. www.oregonrelay.com

Pacific ClearVision Institute

Telephone: 541-942-5000

257 N. 8th Street, Cottage Grove, OR 97424

Services: Eye care services. www.pcv.com

DID YOU KNOW?

PeaceHealth provides financial assistance to people and families who meet certain income requirements. You may qualify for free care or reduced-price care based on your family size and income, even if you have health insurance. To view PeaceHealth's Financial Assistance Policy and additional information, please visit peacehealth.org.

HEALTH CARE Continued

PHYSICAL THERAPY/REHABILITATION, CHIROPRACTIC, AND ACUPUNCTURE

Aspen Chiropractic and Health Center**Telephone: 541-767-3788**

1240 E. Main Street, Cottage Grove, OR 97424

Cottage Grove Chiropractic**Telephone: 541-942-5486**

437 S. 5th Street, Cottage Grove, OR 97424

Cottage Grove Community Acupuncture**Telephone: 541-357-7530**

35 S. 6th Street, Cottage Grove, OR 97424

Cottage Grove Physical Therapy Services**Telephone: 541-767-2750**

1498 E. Main Street, Suite 109, Cottage Grove, OR 97424

Creswell Wellness Center**Telephone: 541-895-4464**

24 W. Oregon Avenue, Creswell, OR 97426

Simard Chiropractic Clinic**Telephone: 541-942-9031**

34168 Scott Road, Cottage Grove, OR 97424

Thomas Chiropractic Clinic**Telephone: 541-942-5024**

500 E. Whiteaker Avenue, Cottage Grove, OR 97424

PRESCRIPTION ASSISTANCE

Community Sharing**Telephone: 541-942-2176**

1440 Birch Avenue, Cottage Grove, OR 97424

Services: Prescription assistance. www.communitysharing.org**GoodRx****www.goodrx.com****Services:** Find FREE coupons and save up to 80% off prescriptions. www.goodrx.com**Oregon Prescription Discount Program****Telephone: 1-800-913-4284****Services:** 20-50% off prescription discount program. All Oregonians can enroll for free. There are no age or income limits. Enroll by phone: 1-800-913-4284
www.oregon.gov

PRESCRIPTION DRUG DROP BOX

Cottage Grove Police Department**Telephone: 541-942-9145**

400 E. Main Street, Cottage Grove, OR 97424

Services: Secure prescription drop box to turn in unused and expired medicines.

ADDICTION/RECOVERY DRUG AND ALCOHOL TREATMENT

Al-Anon**Telephone: 541-265-4365**

Services: Referral line and help for families and friends of problem drinkers. 24-hour answering service.
www.alanonlaneor.us

Alcohol Treatment Referral Hotline**Telephone: 800-252-6465**

Services: Alcohol treatment referral hotline.

**Emerald Valley Intergroup
Alcoholics Anonymous****Telephone: 541-342-4113**

Services: AA Help and referral line, open 24-hour hotline to promote sobriety. www.evaaa.org

Emergence Alcohol and Drug Treatment**Telephone: 541-767-3057**

710 Adams Street, Cottage Grove, OR 97424

Services: Alcohol and drug outpatient treatment and intensive outpatient therapy for ages 18 years-adult (accepts OHP). Telehealth services or in-office services available.
www.4emergence.com

G Street Integrated Health**Telephone: 541-735-9420**

1435 G Street, Springfield, OR 97477

Services: Primary care, mental health counseling, drug and alcohol counseling, medication assisted treatment, and urgent care. www.gstih.org

Lane County Area Narcotics Anonymous**Telephone: 541-729-0080**

Services: 24-hour help line. www.lanecountyarea-na.org

National Problem Gambling Hotline**Telephone: 800-522-4700**

Services: Call or text 24-hour hotline. 100% confidential. www.ncpgambling.org

Oregon Problem Gambling Hotline**Telephone: 877-MyLimit**

Services: Call or text for free confidential help and referrals to gambling treatment.
www.opgr.org

**South Lane Mental Health Center For
Recovery****Telephone: 541-767-4260**

75 S. 5th Street, Cottage Grove, OR 97424

Services: Outpatient Drug and Alcohol Treatment services serving adults and youth ages 14-18. Services include assessment, treatment planning, individual counseling, group counseling, case management, peer support, and neurofeedback services. www.slmh.org

Willamette Family**Telephone: 541-762-4300**

1450 Birch Avenue, Cottage Grove, OR 97424

Services: Health, wellness, and recovery services.
www.wfts.org

SUPPORT GROUPS

ADDICTION AND RECOVERY SUPPORT GROUPS

For local support group meetings visit: www.cottagegroveor.gov/community/page/addiction-and-recovery-support

ALZHEIMER AND DEMENTIA SUPPORT GROUPS

Magnolia Gardens Senior Living

Telephone: 541-942-0054

216 S. 3rd St, Cottage Grove, OR 97424 (First Presbyterian Church)

Services: Official Alzheimer's Association affiliate. Free Dementia support group every third Wednesday monthly.

Middlefield Oaks Senior Living

Telephone: 541-767-0080

1500 Village Drive, Cottage Grove, OR 97424

Services: Dementia support group including Alzheimer's meetings every third Wednesday, monthly at 6:00 p.m.

WEIGHT-LOSS SUPPORT GROUPS

Overeaters Anonymous

Telephone: 541-912-3206

Services: Support meetings. Contact Gail.

TOPS (Take Off Pounds)

www.tops.org

Services: Weight-loss support groups. www.tops.org

RECREATION

BICYCLING/BIKE RENTALS /BIKE TRAILS

Bicycle Rules of the Road

Rules of the Road visit: www.cottagegroveor.gov/police/page/bicycle-rules-road

Cottage Grove Bicycle Club

Information about local area rides and events. <https://jimh22854.wixsite.com/website>

Covered Bridges Scenic Bikeway

The Covered Bridges Scenic Bikeway features a fun cycling experience of bridges, lake views, foliage, flowers, and a historic downtown that can be enjoyed year-round.

www.cottagegroveor.gov/community/page/covered-bridges-scenic-bikeway

Helmets - City of Cottage Grove Police Dept.,

Telephone: 541-942-9145

Does your child need a helmet? The City of Cottage Grove provides FREE helmets to qualifying children under the age of 15.

***Complete instructions on properly fitting a bicycle helmet can be found by visiting the Bicycle Helmet Safety Institute at: <https://www.helmets.org/fit.htm>

RECREATION Continued

BICYCLING/BIKE RENTALS /BIKE TRAILS Continued

Rainy Peak Cyclery

Telephone: 541-942-8712

533 E. Main Street, Cottage Grove, OR 97424
Bicycles, bike rentals, gear, repairs, and trail maps.

Ride with GPS

www.ridewithgps.com

Map, analyze, record, and share your bike rides. www.ridewithgps.com

Row River Trail

www.cottagegroveor.gov

17 miles of trail starting at Trailhead Park in Cottage Grove. Distance: 35.8 Miles (loop) Level: Mild.
www.cottagegroveor.gov

BOWLING

Cottage Bowl

Telephone: 541-767- BOWL

740 Row River Road, Cottage Grove, OR 97424
Open bowling for all ages, tournaments, and leagues. www.thecottagebowl.com

COMMUNITY CENTER

Cottage Grove Community Center

Telephone: 541-942-1185

700 E. Gibbs Avenue, Cottage Grove, OR 97424
The Cottage Grove Community Center offers room space for rent for special events, meetings, trainings, activities, support groups, and classes. www.cottagegroveor.gov/community/page/community-center

FITNESS

Anytime Fitness

Telephone: 541-649-1830

1600 E. Main Street, Cottage Grove, OR 97424
24-hour fitness club. www.anytimefitness.com

Emerald Fitness Club

Telephone: 541-942-5612

120 E. Palmer Avenue, Cottage Grove, OR 97424
Fitness Club. www.emeraldfitness.club

Mindful Movement Yoga with Jane Guerber

Telephone: 541-654-5087

Community Center, 700 E. Gibbs Avenue, Cottage Grove, OR 97424
\$10/class. Mindful movement yoga classes with flow, breath, and core awareness for all levels every Wednesdays from 6:00 p.m. - 7:30 p.m. Drop-ins welcome.

The Health Hub

Telephone: 541-915-6349

1133 E. Main Street, Cottage Grove, OR 97424
General fitness and fitness classes for all ages and abilities. www.facebook.com/healthhubcottagegrove

Yoga and Meditation with Gloria

Yoga Classes Every Saturday at 10 a.m.

Community Center, 700 E. Gibbs Avenue, Cottage Grove, OR 97424

Yoga classes for strength, flexibility, and relaxation. Proceeds go to children's scholarships in the community. Drop-ins welcome. Fee per class.

RECREATION Continued

GOLF

Cottage Grove Disc Golf Course

Telephone: 541-942-5501

1400 N. Douglas Avenue, Cottage Grove, OR 97424
www.cottagegroveor.gov

Emerald Valley Golf and Resort

Telephone: 541-895-2174

83301 Dale Kuni Road, Creswell, OR 97426
www.emeraldvalleygolf.com

Hidden Valley Golf Course

Telephone: 541-942-3046

775 N. River Road, Cottage Grove, OR 97424
www.playhiddenvalleygolf.com

Middlefield Golf Course

Telephone: 541-942-8730

91 Village Drive, Cottage Grove, OR 97424
www.cottagegrove.org/golf

HORSE RIDING

Cottage Grove Riding Club

cottagegroveridingclub.com

Family events and members ride at Cottage Grove Rodeo grounds.

Etzel Equestrian Center

Telephone: 541-942-5851

Western and English riding lessons, ages 4 years and up, beginner and intermediate, schooling horses, outdoor arena, and trails.

High School Equestrian Programs

Telephone: Cottage Grove High School:
541-942-3391
Creswell: 541-895-6020

Team practices and meets for equestrian programs.

Unicorn Ranch

Telephone: 541-359-8040

27706 Lorane Orchard Road, Lorane, OR 97451

Equestrian riding program for pre-teens and children who want to know more about horses and for seniors and persons hospitalized or in a nursing home. www.unicornranch.net

MARTIAL ARTS

Rogers Family ATA Martial Arts

Telephone: 541-942-0215

802 E. Main Street, Cottage Grove, OR 97424

Martial Arts classes for the whole family (4 years-adult). In person and online classes. www.rogersata.com

SCAN QR CODE
to view the online version
of the South Lane County
Resource Guide or visit: www.cottagegroveor.gov



SCAN ME

RECREATION Continued

MUSEUMS

Bohemia Gold Mining Museum and Cottage Grove Historical Society

Telephone: 541-942-5022

308 S. 10th Street, Cottage Grove, OR 97424

Gold mining history of the Bohemia District. www.bohemiagoldminingmuseum.com

Cottage Grove Museum

www.cottagegrovemuseum.com

147 N. H Street, Cottage Grove, OR 97424

Explore Cottage Grove history. Open Saturday and Sunday, 1:00 p.m. - 4:00 PM or by special arrangement.
www.cottagegrovemuseum.com

OUTDOOR RECREATION

For outdoor recreation and current information about camping, covered bridges, hiking, lakes, rivers, waterfalls, and other opportunities, please contact **The Cottage Grove Area Chamber of Commerce** at 541-942-2411 or **Travel Lane County** at 541-484-5307.

PARKS

Cottage Grove Parks: Explore Cottage Grove parks.

Parks are open daylight hours. Call City Hall for event Reservation 541-942-5501.

All American City Square

Telephone: 541-942-5501

711 E. Main Street, Cottage Grove, OR 97424

Bohemia Park

Telephone: 541-942-5501

S. 10th Street, Cottage Grove, OR 97424

Coiner Park

Telephone: 541-942-5501

1319 E. Main Street, Cottage Grove, OR 97424

Harrison Park

Telephone: 541-942-5501

E. Harrison Avenue (across the street from 233 E. Harrison Ave.), Cottage Grove, OR 97424

North Regional Park (Disc Golf)

Telephone: 541-942-5501

N. Douglas Street, Cottage Grove, OR 97424

Riverside and Pioneer Park

Telephone: 541-942-5501

River Road, Cottage Grove, OR 97424

Row River Nature Park

Telephone: 541-942-5501

33301 Row River Road, Cottage Grove, OR 97424

Skate Park

Telephone: 541-942-5501

S. Goshen-Divide Highway (Hwy 99), Cottage Grove, OR 97424

Trailhead Park

Telephone: 541-942-5501

10th and Main Street, Cottage Grove, OR 97424
Bike and hike 17 mile Row River Trail.

RECREATION Continued

PICKLEBALL

Coiner Park Tennis Courts

Telephone: 503-318-8915 - Ken or 541-914-5937 - Chris

1319 E. Main Street, Cottage Grove, OR 97424

Play Pickleball every Tuesday, Thursday, and Saturday from 9 a.m. - 12:00 p.m.

SPECIALIZED RECREATION

Special Olympics

Telephone: 541-942-4269 or 541-285-5475

Sports training in Cottage Grove for people with developmental disabilities (all ages). Bocce, track and field, basketball, swimming, and bowling. www.soor.org

SPEEDWAY

Cottage Grove Speedway

Telephone: 541-942-7561

2150 N. Douglas Street, Cottage Grove, OR 97424

Race track. Visit www.cottagegrovespeedway.com for the current schedule.

SPORTS LEAGUES (YOUTH)

Cottage Grove Babe Ruth

cgbaberuth@gmail.com

Youth baseball program.

Creswell Babe Ruth

creswellbaberuthbaseball@gmail.com

Youth baseball program. www.creswellbaberuthbaseball.com

Creswell Middle School

Telephone: 541-895-6090

After-school sports for 6th-8th grade youth.

Lincoln Middle School

Telephone: 541-942-3316

After-school sports for 6th-8th grade youth.

South Valley Athletics

Telephone: 541-942-3079

700 E. Gibbs Avenue, Cottage Grove, OR 97424

Youth Sports for Fall Soccer and Volleyball; Youth Winter Sports Cheer and Basketball; Youth Spring Soccer; Youth Summer Volleyball Camp and Cheer Camp; Summer Adult Soccer. Email: southvalleyathletics@gmail.com www.southvalleyathletics.org

South Valley Little League

Telephone: 541-946-3301

P.O. Box 1468, Cottage Grove, OR 97424

Youth baseball and softball leagues. Email: southvalleylittleleague@gmail.com
www.southvalleylittleleague.com

RECREATION Continued

SPORTS LEAGUES (YOUTH) Continued

Willamette Valley Football/South Lane Youth Football

Telephone: 541-315-6238

Cottage Grove K-5 and Creswell K-6 youth football program.
Register at: www.southlaneyouthfootball.com

YMCA Youth Sports, Creswell

Telephone: 541-686-9622

Girls and boys teams play in Creswell. Register August & September for Soccer: K-5th grades; December for Basketball: 2nd-5th grades; March for Spring Soccer: K-5th grade; June for Summer Tee-Ball: K-2nd grade; all year for Taekwondo. www.eugeneymca.org

SWIMMING

Warren Daugherty Aquatic Center

Telephone: 541-942-5533

1440 S. 8th Street, Cottage Grove, OR 97424
Public pool, swim programs for all ages, toddler, family, recreational and lap swims, lessons and fitness classes, warm water therapy pool, and Aqua Lions Swim Team.
www.cottagegrovepool.com

TENNIS

Coiner Park Tennis Courts

Telephone: 541-942-5501

1319 E. Main Street, Cottage Grove, OR 97424
Free tennis courts open to the public.

Tennis Instruction

Telephone: 541-543-4245

541-543-4245, Bob Reed, USPTA or Tennis Hotline: 541-683-1843
Tennis lessons May-September for players all ages/levels and Tennis Camps.
Email: reedrobert77@gmail.com

TROOPS AND SUMMER CAMPS

Boy Scouts of America

Telephone: 541-485-4433

2525 Martin Luther King Blvd., Eugene, OR 97402
Packs and Troops in Cottage Grove. www.otcbsa.org

Girl Scouts

Telephone: 800-338-5248

Super Troop located in Cottage Grove. www.girlscoutsosw.org

Singing Creek Education Center

Telephone: 541 968-1986

360 S. River Road, Cottage Grove, Oregon 97424
History summer camps, field trips, classes, special events, and in-classroom presentations. www.singingcreekcenter.org

211 Info helps people identify, navigate, and connect with local resources.
To speak with a Community Information Specialist about resources in your area,
CALL: 211 or (866) 698-6155; TEXT your zip code to: 898211 (TXT211);
E-MAIL: help@211info.org

SENIOR AND AGING SERVICES

DRIVER SAFETY CLASS

AARP Driver Safety Class

Telephone: 541-942-7260

Services: Safety course is designed especially for drivers age 50 and older. Contact Bryan Ducker.

ELDER ABUSE

Oregon Child and Elder Abuse Hotline

Telephone: 1-855-503-SAFE

Oregon's toll-free hotline: 1-855-503-SAFE (7233) or on the DHS website. Emergencies please dial 9-1-1.

Services: 24-hour hotline to report suspected elder or child abuse and neglect. If you suspect abuse, neglect or financial exploitation of an elderly person or an adult with physical disabilities, report abuse or neglect to the Department of Human Services office in your area. www.oregon.gov/dhs/abuse

SENIOR FOOT CARE

Nail Technologists are licensed in Oregon.

Body Works

Telephone: 541-942-1967

2645 E. Main Street, Cottage Grove, OR 97424

Services: Basic toenail trimming and filing.

Dave's Place

Telephone: 541-942-4353

704 E. Whiteaker, Cottage Grove, OR 97424

Services: Basic toenail trimming and filing.

Ohana

Telephone: 541-649-1259

1238 S. 6th Street, Cottage Grove, OR 97424

Services: Basic toenail trimming and filing.

Sara I. Smith, R.N.

Telephone: 541-942-9044

Cottage Grove Senior Center: 700 E. Gibbs Avenue, Cottage Grove, OR 97424

Services: Certified Foot Care Nurse. Toenail trimming and filing.

SENIOR LAW SERVICES

Senior Law Services

Telephone: 541-485-1017

101 E. Broadway, Suite 200, Eugene, OR 97401

Services: Free civil (not criminal) legal services through Lane County Legal Aid/Oregon Law Center for Seniors ages 60+. Call for an appointment. oregonlawcenter.org

SENIOR AND AGING SERVICES

SENIOR LIVING, NURSING FACILITIES, AND REHABILITATION CENTERS

Cherished Moments Adult Foster Home LLC

Telephone: 541-942-9195

242 S. 22nd Street, Cottage Grove, OR 97424

Services: Adult foster care.

Coast Fork Nursing Center

Telephone: 541-942-5528

515 Grant Avenue, Cottage Grove, OR 97424

Services: Nursing facility offering short-term rehabilitation and skilled nursing care, physical therapy, occupational therapy, speech therapy, wound care, short-term rehab, long term care, and hospice. www.prestigecare.com

Cottage Grove Housing

Telephone: 541-942-3643

900 N. Douglas Avenue, Cottage Grove, OR 97424

Services: One bedroom apartment units for 62+ disabled Seniors.

Crestview Villa

Telephone: 541-682-4090

350 S. 2nd Street, Creswell, OR 97426

Services: Senior and disabled housing.

Creswell Health & Rehabilitation Center

Telephone: 541-895-3333

735 S. 2nd Street, Creswell, OR 97426

Services: Nursing care specializing in short-term rehabilitation and skilled nursing care, occupational therapy, speech therapy, and complex wound care.
www.prestigecare.com

Guardian Angel Elder Care

Telephone: 541-942-5172

33883 Row River Road, Cottage Grove, OR 97424

Services: Adult foster care.

Jefferson Park Apartments

Telephone: 541-942-4808

325 S. 5th Street, Cottage Grove, OR 97424

Services: Low cost. Rent is 30% of income for qualifying individuals.

Magnolia Gardens

Telephone: 541-942-0054

1425 Daugherty Avenue, Cottage Grove, OR 97424

Services: Independent, assisted, and memory care.
www.MagnoliaGardensSL.com

Middlefield Oaks Assisted Living & Memory Care

Telephone: 541-767-0080

1500 Village Drive, Cottage Grove, OR 97424

Services: Independent assisted living program, specialized memory care, and short-term care services (respite stay). www.middlefieldoaks.com

Pendleton Cottage Adult Foster Care LLC

Telephone: 541-767-0016

850 S. 3rd Street, Cottage Grove, OR 97424

Services: Adult foster care.

SENIOR AND AGING SERVICES Continued

SENIOR LIVING, NURSING FACILITIES, AND REHABILITATION CENTERS Continued

Riverview Terrace

Telephone: 541-682-4090

925 W. Main Street, Cottage Grove, OR 97424

Services: One-bedroom units for seniors and persons with disabilities.

Witherspoon Court

Telephone: 541-767-0732

1390 Pennoyer Avenue, Cottage Grove, OR 97424

Services: 1 bedroom unit apartments income based for Seniors ages 55+.

SENIOR LONELINESS HOTLINE

Senior Loneliness Hotline

Telephone: 503-200-1633

Services: Any aging adult (55 +) who is experiencing loneliness, isolation, depression, or anxiety can benefit from a confidential phone call. www.seniorlonelinessline.org

SENIOR MEALS

Café 60 Senior Meals

**Telephone: CG: 541-942-9261
Creswell: 541-895-2338**

925 W. Main Street, Cottage Grove, OR 97424; Tuesday-Thursday, 12:00 p.m.

350 S. 2nd Street, Creswell, OR 97426; Monday, Wednesday, Friday at 12:00 p.m.

Services: Senior meals served “To Go”. Serving anyone ages 60+ who are eligible on a donation basis (\$3 per meal is preferred. Anyone under age 60 are welcome to attend for \$8 per meal.) Call ahead.

Meals On Wheels

Telephone: 541-682-3353

Services: Call 541-682-7804 if enrolled or 541-682-3353 to enroll. The Senior Meals Program helps people age 60+ by providing food (“knock and drop” meals), friendship, and safety check. www.sdslane.org

SENIOR RECREATION

Activities for Seniors Facing Loneliness

Services: Ideas for virtual and in-person activities for seniors facing loneliness. www.theseniorlist.com/home-care/activities-for-older-adults/

Cottage Grove Senior Center

Telephone: 541-942-1185 x2

700 E. Gibbs Avenue, Cottage Grove, OR 97424

Services: Senior Center, monthly newsletters and event calendar, bingo, card games, pinochle, painting and woodcarving, needle arts & crafts, and quilting.

Note: The Cottage Grove Senior Center is currently closed until further notice due to COVID-19. Please call the Cottage Grove Community Center at 541-942-1185 x2 for updates.

SENIOR AND AGING SERVICES Continued

SENIOR RESOURCES

211 Info helps people identify, navigate, and connect with local resources. To speak with a Community Information Specialist about resources in your area, CALL: 211 or (866) 698-6155; TEXT your zip code to: 898211 (TXT211); E-MAIL: help@211info.org

AARP Foundation Tax-Aide Program

taxaide.aarpfoundation.org

Services: AARP provides in-person and virtual tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. taxaide.aarpfoundation.org

Aging and Disability Resource

Telephone: 855-673-2372

Services: Information and resources for seniors. www.adrcoforegon.org

Community Sharing

Telephone: 541-942-2176

1440 Birch Avenue, Cottage Grove, OR 97424

Services: Food Pantry and Emergency Services. Assistance with food boxes, housing, utility assistance, laundry, showers, clothing closet, prescriptions, and other assistance. Hours: Monday, 1:30 p.m. - 6:00 p.m. and Tuesday-Friday, 11:00 a.m. - 3:30 p.m. www.communitysharing.org

Cottage Grove Mutual Aid Hotline

Telephone: 541-649-2460

Services: Volunteers available to help you access food, basic needs, deliveries, library book deliveries, and other support. Email: CottageGroveCommunityCares@gmail.com.

FOOD for Lane County

Telephone: 541-343-2822

Services: FOOD for Lane County provides emergency food services to help individuals struggling with food insecurity. People who are unable to leave their homes for groceries can send a proxy to a pantry to pick up food on their behalf. Call for food pantry locations and information. Foodforlanecounty.org

Relatives as Parents Program (RAPP) & Grandparents Raising Grandchildren

Telephone: 541-682-3353

Services: Senior and Disability Services RAPP Program offers services and support to grandparents and older family members aged 55+ raising grandchildren. Services include: Information and referrals; respite; scholarships to camps; supplemental services, including help with the purchase of clothes, beds, and other essential needs. www.sdslane.org

Senior and Disability Services

Telephone: 541-682-3353

700 E. Gibbs Avenue, Cottage Grove, OR 97424

Services: Senior & Disability Services provides services, information, and assistance to Lane County's older adult population (age 60+), adults with physical disabilities, and their caregivers. If you have a current worker call, 541-682-4038. If you need information or to apply for services call, 541-682-3353. www.sdslane.org

SHIBA

Telephone: 541-736-4421

Willamalane Adult Activity Center: 215 W. C Street, Springfield, OR 97477

Services: Senior Health Insurance Benefits Assistance State of Oregon. Free help with Medicare information and prescription drug plans. www.oregonshiba.org

SENIOR AND AGING SERVICES Continued

SENIOR RESOURCES Continued

Senior Companion Program

Telephone: 541-463-6260

Services: Supportive services and companionship to disabled and isolated adults. www.lanecc.edu/scp/about-program

The Lane Senior Grocery Program, FOOD for Lane County

Telephone: 541-343-2822
ext. 115

Services: The Senior Grocery Program provides low-income seniors with a once monthly food box (or bag). To qualify you must be 60 years of age or older and at or below 130% of the federal poverty level. If you are over the income limit, you can still qualify by being enrolled in SNAP or Medicaid.

The Lane Senior Guide

Telephone: 541-302-9508

Services: Senior services directory. www.laneseniorservices.org

SENIOR SHOPPING TRANSPORTATION

South Lane Wheels

Telephone: 541-942-0456

1450 Birch Avenue, Cottage Grove, OR 97424

Services: Senior shopping transportation.
www.southlanetransit.com

Lane Transit District (LTD) Connector

Telephone: 541-942-0456 x 1

Services: Public Transportation. \$1.00 per ride. Download the mobile app "LTD Connector". Service and call-in requests are available Monday-Friday, from 9:00 a.m. - 4:00 p.m. www.ltd.org

SUPPORT GROUPS: ALZHEIMER/DEMENTIA

Magnolia Gardens - Senior Living

Telephone: 541-942-0054

216 S. 3rd Street, Cottage Grove, OR 97424 (First Presbyterian Church)

Services: Official Alzheimer's Association affiliate. Free Dementia support group every third Wednesday monthly.

Middlefield Oaks - Senior Living

Telephone: 541-767-0080

1500 Village Drive, Cottage Grove, OR 97424

Services: Dementia support group including Alzheimer's meetings every third Wednesday, monthly at 6:00 p.m.

WARM WATER THERAPY POOL

Warren Daugherty Aquatic Center

Telephone: 541-942-5533

1440 S. 8th Street, Cottage Grove, OR 97424

Services: Public pool, swim programs for all ages, recreational and lap swims, lessons and fitness classes, and warm water therapy pool.
www.cottagegrovepool.com

VETERANS

VA HEALTH CARE

Downtown Eugene VA Clinic

Telephone: 541-242-0440

211 E. 7th Street, Eugene, OR 97401

Services: Primary care for Veterans. www.roseburg.va.gov

Eugene Vet Center

Telephone: 541-465-6918

190 E. 11th Avenue, Eugene, OR 97401

Services: Medical care for Veterans. www.roseburg.va.gov

Roseburg VA Medical Center

Telephone: 541-440-1000

913 NW Garden Valley Blvd., Roseburg, OR 97471

Services: Medical and mental healthcare for Veterans. www.roseburg.va.gov

VETERANS SERVICE ORGANIZATIONS AND SUPPORTIVE SERVICES

If you are a Veteran in crisis, call 1-800-273-8255 for immediate assistance.

American Legion

Telephone: 541-942-5991

826 W. Main Street, Cottage Grove, OR 97424

Services: Veterans service organization. www.legion.org

Elks Lodge

Telephone: 541-942-3554

755 N. River Road, Cottage Grove, OR 97424

Services: Programs serving Veterans. www.elks.org

Lane County Veterans Service

Telephone: 541-682-4191

151 W. 7th Avenue, Suite 460, Eugene, OR 97401

Services: Veteran Service Officers, who are accredited VA representatives, help advocate for veterans and their families to ensure they receive all entitlements provided by Federal and State law. www.lanecounty.org

Military Hotline

Telephone: 888-457-4838

Services: Military Hotline 24-hours for service members, veterans, and their families.

National Alliance to End Veteran Suicide

Telephone: 253-256-2015

Services: Workshop Operation Veteran Freedom. Workshops designed for Veterans and family by a Vietnam era Combat Veteran to end veteran suicide. www.race2savevets.org www.na2evs.org/ovf

Service Support Dogs

Telephone: 541-359-7618

Services: Highly-trained service dogs placed with disabled, handicapped, and retired high risk military, law enforcement, and in outstanding circumstances, perilous occupation experienced civil servants.

VETERANS Continued

VETERANS SERVICE ORGANIZATIONS AND SUPPORTIVE SERVICES Continued

Supportive Services for Veteran Families

Telephone: 541-687-5820

2890 Chad Drive, Eugene, OR 97408

Services: Financial assistance and case management services to help Veterans navigate and overcome barriers to housing and to support their housing stability. <https://www.svdv.us/what-we-do/affordable-housing/supportive-services-veteran-families/>

U.S. Department of Veterans Affairs

Telephone: 800-698-2411

Services: Veterans healthcare and benefits. www.va.gov

Veterans Crisis Line

Telephone: 800-273-8255

800-273-8255, PRESS 1 or Text 838255

Services: Confidential help for veterans and their families. www.veteranscrisisline.net

Veterans Legacy, Camp Alma

Telephone: 541-914-0885

Services: Veterans Legacy's provides a safe, secure place in a rural setting for local Veterans encountering homelessness, post-traumatic stress disorder, and substance abuse disorders to live and work as they begin the journey back to successfully reintegrate into the community. www.veteranslegacyoregon.org

Veterans of Foreign Wars, VFW Post # 3473

Telephone: 541-942-7099

3160 Hillside Drive, Cottage Grove, OR 97424

Services: Nonprofit veterans service organization comprised of eligible veterans and military service members from the active, guard, and reserve forces.

VETERAN TRANSPORTATION

DAV Van

Telephone: 541-440-1293

Services: Transportation for Veterans to the VA Hospitals. www.dav.org

Lane-Douglas Connector (LDC)

Telephone: 888-232-8121

To schedule a ride, call 888-232-8121

Services: LDC is an Umpqua Public Transportation District service operated by South Lane Wheels and operates Tuesday and Thursday, 7:30 am-3:30 pm with stops at Roseburg V.A., Drain at Ray's Food, Cottage Grove at Walmart and PeaceHealth Medical Center, and Eugene at the V.A. Free for Veterans, and, for an introductory period, service will be free to the general public.

DO YOU NEED HELP WITH FOOD OR OTHER BASIC NEEDS?

Community Sharing

Telephone: 541-942-2176

1440 Birch Avenue, Cottage Grove, OR 97424; www.communitysharing.org

Services: Food Pantry and Emergency Services. Assistance with food boxes, housing, utility assistance, laundry, showers, clothing closet, prescriptions, basic needs, and more. Hours: Monday, 1:30 p.m. - 6:00 p.m. and Tuesday-Friday, 11:00 a.m. - 3:30 p.m.

OTHER

BALLOT DROP BOX

Cottage Grove Community Center

Telephone: 541-942-1185

700 E. Gibbs Avenue, Cottage Grove OR 97424

Services: Ballot Drop Box located in the parking lot.

CLUBS AND SERVICE ORGANIZATIONS

American Legion

Telephone: 541-942-5991

826 W. Main St, Cottage Grove, OR 97424

Coast Fork Kiwanis Club:

Telephone: 541-895-4309

PO Box 1047, Creswell, OR 97426

Cottage Grove Lions Club

Telephone: 541-942-0126

PO Box 754, Cottage Grove, OR 97424

Elks Lodge

Telephone: 541-942-3554

755 N. River Rd, Cottage Grove, OR 97424

Prospectors and Golddiggers

Telephone: 541-942-3773

PO Box 415, Cottage Grove, OR 97424

Rotary Club of Cottage Grove

Telephone: 541-554-6946

PO Box 424, Cottage Grove, OR 97424

Veterans of Foreign Wars

Telephone: 541-942-7099

3160 Hillside Drive, Cottage Grove, OR 97424

EQUITY, DIVERSITY, AND SOCIAL JUSTICE

Rural Organizing Project

Telephone: 541-649-1169

632 E. Main Street, Cottage Grove, OR 97424

Services: Organization of locally-based groups that work to create communities accountable to a standard of human dignity. www.rop.org

FARMERS MARKETS AND FARM STANDS

Coast Fork Farm Stand

Telephone: 541-606-5438

90 S. 10th Street, Cottage Grove, OR 97424

South Valley Farmers Market

Telephone: 541-357-7507

7th & Main Street, Cottage Grove, OR 97424

Services: Farmers Market every Saturday from 10:00 a.m. - 2:00 p.m. in downtown Cottage Grove (May-October). Winter Market November and December (location/time TBA). Visit the Information Booth to swipe your Oregon Trail Card and get your SNAP purchase matched up to \$20.00. manager@southvalleyfarmersmarket.org

OTHER Continued

GOVERNMENT

Army Corps of Engineers**Telephone: 541-942-5631**

75819 Shortridge Hill Road, Cottage Grove, OR 97424

City of Cottage Grove**Telephone: 541-942-5501**400 E. Main Street, Cottage Grove, OR 97424
citymanager@cottagegrove.org
Cottagegrove.org**Cottage Grove Ranger Station****Telephone: 541-767-5000**34963 Shoreview Drive, Cottage Grove, OR 97424
www.fs.usda.gov**Lane County Oregon****Telephone: 541-682-6503**125 E. 8th Avenue, Cottage Grove, OR 97424
www.lanecounty.org**South Lane County Fire & Rescue****Telephone: 541-942-4493**233 E. Harrison Avenue, Cottage Grove, OR 97424
southlanefire.org

MEETING SPACE AND EVENT ROOM RENTALS

City of Cottage Grove Armory**Telephone: 541-942-5501**628 E. Washington Avenue, Cottage Grove, OR 97424
Services: Venue available to rent for events.
www.cottagegrove.org/community/page/armory**City of Cottage Grove Community Center****Telephone: 541-942-1185**700 E. Gibbs Street, Cottage Grove, OR 97424
Services: Room space available for rent for events, meetings, trainings or classes. www.cottagegroveor.gov**Rural Organizing Project****Telephone: 541-649-1169**632 E. Main Street, Cottage Grove, OR 97424
Services: Meeting space for non-profits. Kitchen space available.
www.rop.org**The Cottage Events Venue****Telephone: 541-942-6888**2915 Row River Road, Cottage Grove, OR 97424
Services: Venue available for rent for an hourly fee. www.cottageevents.com

**SCAN QR CODE to view the online version
of the South Lane County Resource Guide
or visit: www.cottagegroveor.gov**

**SCAN ME**

NEWS AND INFORMATION

Around the Grove

AroundTheGroveNews@gmail.com

Services: Weekly publication informing residents and visitors of special events and opportunities happening in Cottage Grove. To subscribe or to submit an item for publication send email to AroundTheGroveNews@gmail.com or cindy@knnd.com or drop off information to KNND Calendar Coordinator, Cindy Weeldreyer at 717 E. Main Street.

Be Your Best (BYB)

beyourbest.cg@gmail.com

Services: BYB is a cross-sector coalition of community builders working to improve family and community health and well-being using a collective impact approach. BYB's partners include representatives from direct service agencies, City and County Departments, local businesses, schools, mutual aid and faith-based organizations, and other like-minded groups.

Cottage Grove Area Chamber of Commerce

Telephone: 541-942-2411

836 E. Main Street, Cottage Grove, OR 97424

Services: Visitor information center. www.cgchamber.com

Cottage Grove Sentinel

Telephone: 541-942-3325

1498 E. Main Street, STE 104, Cottage Grove, OR 97424

Services: Newspaper publisher in Cottage Grove. www.cgsentinel.com

KNND

Telephone: 541-942-2468

Lobby: 541-942-2468 or Studio: 541-942-5548
717 E. Main Street, Cottage Grove, OR 97424

Services: Radio broadcaster in Cottage Grove. www.knnd.com

Sustainable Cottage Grove

Services: Working to make Cottage Grove as sustainable as possible. Projects include the Cottage Grove Time Exchange, Food Preservation Workshops, the Cottage Grove Food Hub, Healthy Eating and Nutrition Education for Kids, and more. www.sustainablecottagegrove.org

The Chronicle

Telephone: 541-895-2197

Services: Newspaper publisher in Creswell. www.chronicle1909.com

PET ASSISTANCE AND WILDLIFE

Cascades Raptor Center

Telephone: 541-485-1320

32275 Fox Hollow Road, Eugene, OR 97405

Services: Nature center and wildlife hospital for wildlife emergencies. Call for injured, sick or orphaned birds. www.cascadesraptorcenter.org

Cottage Grove Police Department

Telephone: 541-942-9145

400 E. Main Street, Cottage Grove, OR 97424

Services: Help with reuniting lost and found pets in Cottage Grove. www.cottagegrove.org/police/page/found-dogs

OTHER Continued

PET ASSISTANCE AND WILDLIFE Continued

Fish and Wildlife Department

Telephone: 800-344-WILD

3150 Main Street, Springfield, OR 97478

Services: Conserve, protect and enhance fish, wildlife and plants and their habitats.
www.fws.gov

Greenhill Humane Society

Telephone: 541-689-1503

88530 Greenhill Road, Eugene, OR 97402

Services: Animal shelter. Programs include: Animal adoptions, reuniting lost animals with their families, crisis care boarding in situations of domestic violence, medical/crisis emergencies, spay/neuter for free roaming, un-owned community cats, a pet food bank, on-site volunteer opportunities, foster care, and humane education. www.green-hill.org

Humane Society Cottage Grove

Telephone: 541-942-3130

33 N. 8th Street, Cottage Grove, OR 97424 (Thrift store: "This 'n That")

Services: Spay/neuter assistance.

S.P.O.T. (Stop Pet Overpopulation Today)

Telephone: 541-607-4900

Services: S.P.O.T. provides vouchers to low/no-income dog owners who need financial help getting their dogs spayed or neutered. All breeds are eligible.
Apply online at: www.spotspayneuter.org

Tucker's Cupboard

Telephone: 541-942-9211

Services: Nonprofit organization that provides some financial medical assistance to K-9 owners residing within the South Lane School District boundaries.

RECYCLING AND GARBAGE SERVICE

Cottage Grove Garbage

Telephone: 541-942-8321

2055 Getty Ct., Cottage Grove, OR 97424

Services: Cottage Grove garbage and recycling service. www.cottagegrovegarbage.com

EcoGeneration

www.ecogeneration.org

Services: Recycling Take-Back on the second Sunday in February, April, June, August, October, and November from 10:00 a.m.-12:00 p.m. at the Cottage Grove Community Center parking lot at 700 East Gibbs Avenue.

Lane County Transfer Station

Telephone: 541-767-0088

78760 Sears Road, Cottage Grove, OR 97424

Services: Load your vehicle with garbage first and recycling last so you can easily drop off recyclables and get the \$1.00 recycling discount.
lanecounty.org

RELIGIOUS ORGANIZATIONS

For a complete list of Religious Organizations visit: www.cottagegroveor.gov/community/page/religious-organizations

OTHER Continued

SMOKE ALARMS

American Red Cross

Telephone: 503-528-5783

Services: Free smoke alarm installation. To request an appointment visit:
www.americanredcross.wufoo.com/forms/s1104htr07tmrxe/
E-mail: preparedness@redcross.org

VOLUNTEER OPPORTUNITIES

Local Volunteer Opportunities

Telephone: 541-942-1185

See the online version of this Guide at www.cottagegroveor.gov for local volunteer opportunities and community connections. To volunteer with the City of Cottage Grove contact Teresa Cowan or Jessica Klarr at: 541-942-1185.

Just Serve

www.justserve.org

Services: Website where the volunteer needs of organizations may be posted and volunteers may search for places to serve in the community, providing opportunities to help those in need and enhance the quality of life in the community.
www.justserve.org

EMERGENCY PREPAREDNESS

ARE YOU READY FOR A DISASTER?

MAKE A PLAN!

Be Prepared. Make an emergency plan and practice it.

- Start your emergency plan at: <https://www.ready.gov/plan>

BUILD A KIT!

Prepare a Disaster Supply Kit and get Two-Weeks Ready.

- **Download a PDF 12-week checklist from Lane County at:**
https://lanecounty.org/UserFiles/Servers/Server_3585797/File/Government/County%20Departments/Emergency%20Management/2019%20Supply%20Calendar%20Brochure.pdf
- **American Red Cross Prepare Guide:**
https://www.redcross.org/content/dam/redcross/delta/20630101_cascades_region_prepare_guide_final_jan8.pdf

BE INFORMED!

Sign up for emergency alerts and Warnings.

- **Lane County ALERT ME.** SIGN UP today and share the types of alerts and notifications that you would like to receive, as well as your contact information and preferences
- **Download the FEMA app** at <https://www.fema.gov/about/news-multimedia/app> and receive real-time alerts from the National Weather Service for up to five locations nationwide.

American Red Cross: 800-RED-CROSS; www.redcross.org

Centers for Disease Control & Prevention: www.cdc.gov

National Weather Service: www.nws.noaa.gov

GUIA DE RECURSOS Continuada

Servicios de la Comunidad Católica/ Catholic Community Services

Teléfono: 541-345-3628

1025 G Street, Springfield, OR 97477
1464 West 6th Avenue, Eugene, OR 97402

Servicios: Asistencia con la renta y depósito está proveída a los que estén elegibles, mientras que haya fondos. Cajas de comida y otros recursos. Ayuda legal para la inmigración. Llamar para hacer cita. www.ccslc.org

Centro Latinoamericano

Teléfono: 541-687-2667

944 W. 5th Avenue, Eugene, O97402

Servicios: Recursos comunitarios, servicios sociales, salud mental, alcohol y adicciones, mentores de jóvenes, traducción, y más. Horario: lunes a jueves 9:00 a.m. - 12:00 p.m. y 1:00 p.m. - 4:30 p.m., viernes 9:00 a.m. - 12:00 p.m.
centrolatinoamericano.org

Community Sharing

Teléfono: 541-942-2176

1440 Birch Avenue, Cottage Grove, OR 97424; www.communitysharing.org

Servicios: Banco de comida y servicios de emergencia. Ayuda con cajas de comida, vivienda, la luz y el agua, duchas, ropa gratis, prescripciones, necesidades básicas, y más. Horario: lunes 1:30 p.m. - 6:00 p.m. y martes a viernes, 11:00 a.m. - 3:30 p.m.

Línea Directa de Ayuda Mutua/ Cottage Grove Mutual Aid Hotline

Teléfono: 541-649-2460

Servicios: Los voluntarios están disponibles para ayudarles con acceso a alimentos, necesidades básicas, transporte, entregas y otro apoyo. Llame o envíe un correo electrónico. CottageGroveCommunityCares@gmail.com

Banco de Comida de Creswell/ Creswell Food Pantry

Teléfono: 541-870-2252

364 Cobalt Lane, Creswell, OR 97426

Servicios: Banco de comida y comidas para llevar cada jueves de 9:30 a.m. al 12:00 p.m.
www.communityfoodforcreswell.org

Departamento de Servicios Humanos/DHS

Teléfono: 541-942-9186

305 Coop Court, Cottage Grove, OR 97424

Servicios: Beneficios del Programa Suplementario de Asistencia Nutricional (estampillas de comida de SNAP) para las familias e individuos de bajo ingreso. Llame a 211 para inscribirse. Asistencia con empleo, entrenamiento, y con conseguir trabajo para los individuos que reciben asistencia de efectivo y comida. Asistencia con cuidado de niños para familias elegibles en el programa de JOBS y para familias empleadas de bajo ingreso. Aseguranza médica. www.oregon.gov/dhs

Aseguranza médica de OHP/Departamento de Servicios Humanos Oregon Health Plan (OHP)/Department of Human Services

Teléfono: 541-942-9186

305 Coop Court, Cottage Grove, OR 97424; www.oregon.gov/dhs.

Servicios: El programa de Medicaid de Oregón, la aseguranza médica del estado. Varios programas de asistencia médica para los residentes de Oregón de bajo ingreso a través de OHP. Aplicarse en línea en: www.oregon.gov/oha/HSD/OHP/Pages/Apply.aspx o en: one.oregon.gov

GUÍA DE RECURSOS Continuo

Family Relief Nursery

Teléfono: 541-942-4835

720 N. 14th Street, Cottage Grove, OR 97424

Servicios: Programa terapéutico de infancia temprana (para niños de 5 años o menos), visitas al hogar para padres, clases para padres, cuidado de respiro, respuesta de crisis, apoyo y servicios en el hogar, servicios en español, referencias para recursos y servicios de apoyo, comidas y refrigerios nutricionales, transporte gratis para irse a las clases de TECP, eventos sociales para familias, ropa gratis, y biblioteca de recursos para padres. Todos los servicios son gratis. www.frncg.org

Head Start del Condado de Lane

Teléfono: 541-767-3525

1310 S. 8- Street, Cottage Grove, OR 97424; www.hsolc.org

Servicios: Head Start del Condado de Lane provee servicios de educación preescolar de alta calidad a los niños elegibles del Condado de Lane del parto a los 5 años y a mujeres embarazadas. Sin costo (la elegibilidad está basada en el ingreso).

Alianza de Esperanza y Seguridad/ Hope and Safety Alliance

Teléfono: 541-485-8232

Línea directa de crisis, de 24 horas: 541-485-6513 o 800-281-2800

1577 Pearl Street, segundo piso, Eugene, OR 97401

Servicios: Apoyo y recursos en español para los sobrevivientes de la violencia doméstica. Horario lunes a viernes 9:00 a.m. - 5:00 p.m. Línea directa de crisis con gente disponible las 24 horas: 541-485-6513 o 800-281-2800. Se habla español. www.hopesafetyalliance.org

Colegio Comunitario de Lane/ Lane Community College, Cottage Grove

Teléfono: 541-942-4202

1275 S. River Road, Cottage Grove, OR 97424

Servicios: Colegio Comunitario Público. www.lanecol.edu

Centros de Salud del Condado de Lane/ Lane County Community Health Centers

www.lanecounty.org

Servicios: Los Centros de Salud del Condado de Lane son centros de salud cualificados por el gobierno federal (FQHC) y son para mejorar la salud y bienestar de nuestra comunidad a través del acceso a la asistencia médica holística a buen precio.

Brookside Clinic: 541-682-3550; 1680 Chambers Street, Suite 103, Eugene, OR 97402

Servicios: Cuidado médico primario para toda la familia, servicios de salud reproductiva, medicina preventiva, y manejo de enfermedades crónicas.

Charnelton Community Clinic: 541-682-3550; 151 W. 7th St., Suite 100, Eugene, OR 97401

Servicios: Clínica prenatal, planificación familiar, pediatría, medicina familiar, y medicina interna. Se ofrece asistencia con inscribirse en Oregon Health Plan (El Plan de Salud de Oregón, la aseguranza gratis del estado de Oregón).

Delta Oaks Clinic: 541-682-3550; 1022 Green Acre Road, Eugene, OR 97408

Servicios: Cuidado médico primario para toda la familia, servicios de salud reproductiva, medicina preventiva, y manejo de enfermedades crónicas.

LCBH Primary Care: 541-682-3550; 2411 Martin Luther King Jr. Blvd., Eugene, OR 97401

Servicios: Cuidado primario, servicios de salud reproductiva

Riverstone Clinic: 541-682-3550; 2073 Olympic Street, Springfield, OR 97477

Servicios: Cuidado médico primario, pediatría, cuidado de la salud del comportamiento, planificación familiar, y asistencia con inscribirse en Oregon Health Plan (el Plan de Salud de Oregón, la aseguranza médica del estado).

GUIA DE RECURSOS Continuado

Departamento de Salud Pública del Condado de Lane/Lane County Public Health

Teléfono: 541-682-4041

151 W. 7th Avenue, # 310, Eugene, OR 97401

Servicios: Vacunas para niños y adultos. Se acepta OHP.
www.lanecounty.org

WIC del Condado de Lane/Lane County WIC

Teléfono: 541-682-4202

151 W 7-Avenue, Room 210, Eugene, OR 97401

Servicios: Programa de Asistencia Nutricional Suplementaria para las familias elegibles que están cuidando a un niño de menos de 5 años. Educación nutricional, apoyo para la lactancia, y comidas sanas. www.lanecounty.org

Looking Glass

**Teléfono: Eugene 541-689-3111
Cottage Grove 541-767-3823**

1790 W. 11th Ave, Suite 200, Eugene, OR 97402
508 E. Whiteaker Avenue, Cottage Grove, OR 97424

Servicios: Apoyo y recursos para jóvenes de 11 a 24 años que están en crisis o sin casa. Comida y ropa gratis, clases y consejería, asistencia en encontrar vivienda, y apoyo con encontrar trabajo. Horario de Cottage Grove: lunes, martes, jueves, y viernes 8:30 a.m. - 4:00 p.m. y miércoles 8:30 a.m. - 4:00 p.m.
Se habla español y no es necesario hacer una cita.
www.lookingglass.us y www.lookingglass.us/ruralprogram

Ophelia's Place

Teléfono: 541-284-4333

1577 Pearl Street, #100, Eugene, OR 97401

Servicios: Apoyo, clases, consejería, y recursos para niñas y padres. Recursos en línea y en persona. Horario lunes a jueves 10 a.m.- 6 p.m. y viernes 10 a.m.-3 p.m.
www.opheliaplace.net

Centro Médico Comunitario de PeaceHealth/PeaceHealth Cottage Grove Community Medical Center

Teléfono: 541-767-5500

1515 Village Drive, Cottage Grove, OR 97424

Servicios: Cuidado médico y Departamento de Emergencia de 24 horas.
www.peacehealth.org/cottage-grove-medical-center

- **Administración:** 541-767-5500
- **Departamento de Cobros y Servicios Financieros para Pacientes del Hospital:** 800-873-8253
- **Departamento de Emergencia de 24 horas:** 541-767-5450
- **Clínica sin cita/Walk-in Clinic:** 541-767-5200
- **Clínicas de PeaceHealth Medical Group:** 541-767-5200
- **Fundación, Centro Médico Comunitario de Cottage Grove:** 541-767-5461

Clínica de PeaceHealth de Creswell/ PeaceHealth Medical Group Clinic, Creswell

Teléfono: 541-222-7700

180 Melton Road, 2nd Floor, Creswell, OR 97426

Servicios: Cuidado médico y clínica sin cita.
www.peacehealth.org/phmg/cottage-grove/locations/creswell

GUÍA DE RECURSOS Continuo

Planificación Familiar/Planned Parenthood

Teléfono: 541-344-9411

Eugene-Springfield Health Center: 3579 Franklin Blvd., Eugene, OR 97403
West Eugene Health Center: 793 N. Danebo Avenue, Eugene, OR 97402

Servicios: Referencias y servicios para abortos, métodos anticonceptivos, asistencia médica general, pruebas de VIH, cuidado médico para los hombres, pastilla del día después (anticonceptivo de emergencia), pruebas y servicios de embarazo, pruebas de enfermedades de transmisión sexual, servicios para LGBT, y cuidado médico para mujeres. www.plannedparenthood.org

Clínica Prenatal del Condado de Lane/ Prenatal Clinic, Lane County

Teléfono: 541-682-8777

151 W. 7th Street, Eugene, OR 97401

Servicios: Ayuda prenatal, pruebas de embarazo, ayuda para amamantar, educación y cuidado después del parto.

Salud Mental de South Lane/ South Lane Mental Health

Teléfono: 541-942-3939

1345 Birch Avenue, Cottage Grove, OR 97424

Servicios: Consejería en español. www.slmh.org

Distrito Escolar de South Lane/South Lane Schools

www.slane.k12.or.us

Direcciones y número de teléfonos para las escuelas del distrito

- **Escuela Primaria de Bohemia/Bohemia Elementary School**
541-942-3313; 721 S. R Street, Cottage Grove, OR 97424

- **Escuela Primaria Harrison/Harrison Elementary School**
541-942-3389; 1000 Taylor Avenue, Cottage Grove, OR 97424

- **Escuela Secundaria de Lincoln/Lincoln Middle School**
541-942-3316; 1565 S. 4th Street, Cottage Grove, OR 97424

- **Preparatoria Cottage Grove/Cottage Grove High School**
541-767-0939; 1375 S. River Road, Cottage Grove, OR 97424

Centro de Padres/Peggy's Primary Connection del Distrito Escolar de South Lane

Teléfono: 541-767-1670
Celular: 541-520-6127

1310 S. 8th Street, Cottage Grove, OR 97424; www.slane.k12.or.us

Servicios: Programa preescolar de Preschool Promise, programa KITS (preparación para el kinder), clases para padres, apoyo para toda la familia, recursos de primera infancia, y apoyo en español y Mam. Las familias exploran, aprenden, y juegan juntas. Recursos para enseñanza temprana, juegos de aprendizaje, y actividades. Recursos comunitarios para individuos y familias. Bienvenidos todos. Llamar para hacer cita.

Ridesource

Teléfono: 541-682-5566

240 Garfield Street, Eugene, OR 97402

Servicios: Transporte gratis a las citas médicas para pacientes con OHP (el Plan de Salud de Oregón, la aseguranza médica del estado de Oregón). Transporte dentro de Eugene/Springfield y los alrededores, incluso Creswell y Cottage Grove.

Banco de Comida del Proyecto de Organización Rural (ROP)/Rural Organizing Project

Teléfono: 541-649-1169

632 E. Main Street, Cottage Grove, OR 97424

Servicios: Comida y ropa gratis para todos. No hay que enseñar ninguna documentación. Se habla español y Mam. Banco de comida abierto todos los martes, 11:00 a.m. - 1:00 p.m. y los jueves 4:00 p.m. - 6:00 p.m. o con cita. www.rop.org

GUIA DE RECURSOS Continuado

Clínica Dental del Colegio Comunitario de Lane/Lane Community College Dental Clinic, Eugene

Teléfono: 541-463-5206

2460 Willamette Street, Eugene, OR 97405

Servicios: Clínica dental de bajo recursos. Rayos-X, limpiezas, rellenos y extracciones dentales.

The Arc of Lane County

Teléfono: 541-343-5256

4181 E Street, Springfield, OR 97478-5772

Servicios: Apoyo y recursos para individuos con discapacidades y para familias con niños discapacitados. <http://arclane.org/>

Voluntarios de Medicina/ Volunteers in Medicine

Teléfono: 541-685-1800

2260 Marcola Road, Springfield, OR 97477

Servicios: Clínica de cuidado médico primario para los adultos de bajo ingreso y sus familias que viven en el Condado de Lane y no pueden pagar u obtener aseguranza médica. www.vim-clinic.org

Clínica médica de White Bird/ White Bird Medical Clinic

Teléfono: 541-342-8255

Línea directa para crisis comunitaria: disponible 24/7.

Llame 541-687-4000 o 800-422-7558

341 E. 12th Avenue, Eugene, OR 97401

Servicios: Cuidado médico y dental, servicios para la salud mental y de comportamiento de precios según el ingreso del paciente. Se acepta OHP. www.whitebirdclinic.org

The City of Cottage Grove strives to provide you with accurate information on resources available in South Lane. Community resources in operation during the COVID-19 pandemic are changing daily, as folks modify their hours and services to prevent the spread of the virus. Please call listings to confirm current services or see the online version of this guide for updates: www.cottagegroveor.gov

To be added to the guide or to submit a correction, contact Jessica Klarr, Community Coordinator Assistant at 541-942-1185 or e-mail: comcenter@cottagegrove.org.

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UPDATED: 4-29-22